

MODERN PRISCILLA COOK BOOK



ONE THOUSAND
HOME TESTED RECIPES

SPECIAL SUBSCRIPTION EDITION

MODERN PRISCILLA COOK BOOK

ONE THOUSAND RECIPES
TESTED AND PROVED AT THE
PRISCILLA PROVING PLANT

*SPECIAL
SUBSCRIPTION EDITION*

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MODERN PRISCILLA COOK BOOK

ACCURATE MEASUREMENTS

The Priscilla Cook Book is an authority based on actual tests, for such accurate culinary information as the homemaker of to-day requires, and insists upon:

Accurate measurements.

The temperature at which the dish should be cooked.

The length of the cooking period.

ADVANTAGES OF ACCURACY

Money Saving.—“Bad Luck” caused more waste in the old-fashioned kitchen than any other one cause. Certainty in place of guessing eliminates failures.

Time Saving.—If we know just how long a dish should be cooked, and at just what temperature the

oven should be held, the time we used to spend hovering near the stove to “see how it is coming along” is saved for something more profitable.

Mental Relief.—A feeling of confidence takes considerable strain from a busy woman’s mind.

EQUIPMENT

To secure accuracy, every kitchen should contain the following equipment:

Measuring spoons.—Convenient aluminum spoons plainly marked with the quantities they hold may be bought anywhere for about ten cents.

Measuring cups.—Two of these are sufficient. Both may be of glass or of aluminum, but we

find an aluminum cup for dry ingredients and a glass one for liquids most convenient. Each is plainly marked with thirds and quarter cups.

A small spatula for leveling.—The back of a knife will do equally well, but the spatula has so many other uses that its purchase is not an extravagance.

STANDARD PRACTICE

All measurements in this book are level. Tablespoon, teaspoon, etc., mean standard measuring spoons level full. Tableware will not do, for almost every different make and pattern holds a different quantity.

Another thing the accurate cook must not do is to shake down dry ingredients in the cup while they are being measured. Put the materials into the cup lightly with a spoon until it is heaped, then level the cup with a spatula.

Besides measuring ingredients with exactness, it is necessary to follow carefully the directions for combining. Accurate measurement lays the foundation for success in cookery, but the method used in putting them together is also important in the final result.

TIME AND TEMPERATURE

The time in cooking and the temperature given in each recipe is that actually used when the recipe was tested at the Priscilla Proving Plant. In using utensils of varying dimensions slight changes in the cooking period may be found necessary. For instance, cake batter baked in a deep narrow pan requires a longer time to cook thoroughly than an equal amount of the same batter spread out in a broad, shallow pan.

For accuracy in baking an automatic oven-heat control is the ideal. Unless the oven is equipped with such a device the only way to determine the temperature with any degree of accuracy is by the use of an oven thermometer. The type of indicator which is built into the oven door of many ranges cannot be depended upon absolutely. With continued use it becomes less and less accurate.

PRISCILLA PROVING PLANT SCALE
OF OVEN TEMPERATURES

250°-300°	Slow
300°-350°	Moderate
350°-400°	Moderately hot
400°-450°	Hot
450°-550°	Very hot

SERVINGS

The number of servings which each recipe will make is also a variable quantity, depending on the place of the dish in the menu, the accompanying dishes, and the food habits of the family.

KITCHEN POINTERS

OUR APRON-POCKET DICTIONARY

A la, au, aux—All three forms mean just the same thing. Your French grammar explains the choice of each for use. Example: Rice à la Priscilla Proving Plant, means simply rice as it is served there.

Aspic—Savory jelly made with stock.

Au gratin—With browned crumbs. Example: Potato au gratin.

Au naturel—In its original state. **Béchamel**—A sauce made with stock and milk or cream.

Bisque—A term applied both to soup and to ice cream. Applied to soup with a cream stock and to ice cream to which is added finely chopped nuts.

Blanch—To scald, to whiten. The blanching process usually depends on a quick change in temperature from boiling to chilling. Almonds, for instance.

Bombe glacé—Molded ice cream and ice, or two kinds of ice cream, the outside of one kind and the inside of another kind.

Braise—To stew in a covered pan. Ex.: Braised beef is simply beef cooked slowly in a covered utensil.

Café au lait—Coffee with hot milk.

Café noir—Black coffee; i. e., coffee served without milk or cream.

Canapé—Pieces of toast or bread spread with some appetizing mixture. Served as a first course at a formal lunch or dinner.

Cannelon—A roll, either of veal or beef, or else of baked puff paste.

Caviare—Salted roe from a large fish like a sturgeon.

Charlotte—A pudding. It is made of strips of bread or cake, covered with fruit or gelatine.

Compote—Fruit stewed in syrup. Peach compote.

Consommé—Very rich stock.

Créole, à la—Literally it means served as the Creoles do. Actually it means cooked with tomatoes.

Croustade—A crisp patty to hold a filling. It may be of bread or rice.

Cutlets—Steaks of veal, lamb, mutton, or pork. Breaded cutlets are these same steaks rolled first in egg and then in cracker crumbs before they are fried.

Demi-tasse—A term applied both to a half size cup and the coffee which it holds.

En coquilles—In shells. Ex.: Halibut en coquilles means that small pieces of fish are baked on shells. Real scallop shells are charming, and china imitations of them are also used.

Entrée—A made dish, served between courses or as a course by itself.

Farci—Oeufs farcis is only a chef's way of saying stuffed eggs.

Fillet—Long, thin pieces of meat or fish.

Foie Gras—Fat liver, liver of specially fattened geese.

Frappé—Half frozen, or frozen to a mush.

Glacé—Iced or glossed over. Strawberries glacé may mean either frozen berries or those covered with a shiny, transparent film of hardened sugar syrup.

Grilled—Broiled. In the original meaning the broiling was done directly over a clear flame or a bed of red-hot coals.

Haricot—A bean. A stew in which meat and vegetables are finely divided.

Hors d'oeuvres—Side dishes. Olives, radishes, and celery are examples.

Jardinière—Mixed vegetables.

Lardoons—Small pieces of salt pork or bacon used in frying or inserted in the top of a roast to add succulent flavor.

Macedoine—Mixture of several kinds of fruits or vegetables.

Marinate—To pickle in a French dressing.

Pâté de foie gras—Literally “pastry of goose livers.” A meat preparation the chief ingredient of which is the liver of specially fattened geese.

Pot au feu—Literally, the pot on the fire. Actually is a mixture of vegetables and meat boiled together.

Purée—Food boiled to a pulp and put through a sieve.

Ragoût—A sort of stew. Meat simmered with vegetables and highly seasoned.

Réchaufée—Literally, warmed again.

Roux—Thickening made by blending flour and melted butter.

Sauté—Literally, jumping. Is applied to the process of frying quickly in a small amount of fat, turning to brown evenly all over.

Soufflé—Literally, “puffed up.” A dish, served hot, made with eggs, milk, and flour, beaten light and combined with potato, cheese, fruit, or other flavoring. The dish has a delightful fluffy texture.

Timbale—A mixture of fish or cheese, or vegetables cooked in a special drum case. Also applied to a pastry case fried in deep fat on an iron especially designed for the purpose.

Velouté—A sauce made of white stock instead of milk. Vegetables and seasonings should be boiled in the stock to give it flavoring, then strained.

Vol-au-vent—A light puff paste with border high enough to hold a ragoût.

THIS FOR THAT

MILK

Evaporated milk, diluted with an equal measure of water, or dried milk reconstituted according to the directions on the package, may be used successfully in place of fresh milk in any recipe.

Condensed milk, a sweetened product, may be used in place of sugar and milk in sweetened mixtures, such as desserts (cornstarch, tapioca, rice, and gelatine), and cocoa. More sugar may be added if desired.

Where milk is used chiefly because it is a liquid and only secondarily because it is milk, water will do quite as well. In cakes and biscuits, for instance, this substitution will be unnoticed.

Other liquids too will answer. Potato water gives a moistness in cake and bread that is desirable. Rice water is often available. It is especially good in soups and gravies. Fruit juices may be used in cakes with very pleasing results as to flavor if the acid is neutralized with a little soda. The exact amount would need to be determined for each particular case. One-half teaspoon to a cup will be satisfactory in the majority of cases. Coffee is delicious in cakes, muffins, and in place of part of the milk in desserts.

If the milk you planned to use has soured it can be made just as good for baking by the addition of soda. One-half teaspoon to a cup is the average amount necessary.

SOUR MILK AND LEMON JUICE

It frequently happens that there is no sour milk on hand when the recipe calls for it. The addition of vinegar or lemon juice to sweet milk makes a satisfactory substitute. One tablespoon of acid to one cup milk will give a mixture the acidity of which will be neutralized by one-half teaspoon of soda to a cup of the milk. This is the acidity of the average sour milk.

In most recipes sweet milk may be used instead of sour, using two teaspoons baking powder in place of every half teaspoon of soda called for in the recipe. If the recipe uses molasses and sour milk, as many sour milk recipes do, instead of substituting baking powder for all the soda, use enough soda to neutralize the acid of the molasses (one teaspoon to a cup) and substitute for the rest.

In salad dressings lemon juice and vinegar are readily interchangeable. For a fruit salad, orange or grapefruit juice give a pleasing flavor.

In desserts and beverages any acid fruit juice may be used to advantage.

An excellent "lemon pie" can be produced without a lemon by using bottled lime juice.

CREAM — CHOCOLATE — FROSTING

Evaporated cream and evaporated milk, undiluted, are often used to take the place of cream. In coffee they have attained to popularity and are served regularly in many homes. In cooking they may also be used.

In thickened mixtures, soups, cream sauces, dessert foundations, milk, even skimmed milk, given a creamy tint with a bit of yellow coloring will often pass unquestioned. A little butter will help supply the fat content and make the flavor more like that of cream.

Cocoa plus fat equals chocolate, a fact which makes substitution very simple. Two tablespoons of cocoa and a teaspoon of fat will give approximately the food value of an ounce of chocolate. The flavor is almost exactly duplicated.

When you want to frost a cake and have no sugar, there are several possibilities.

Condensed milk thickened with powdered cocoa until of the right consistency to spread makes a delicious chocolate frosting.

Marshmallow cream is much used with cakes.

Jam or jelly sprinkled thickly with nuts or cocoanut is a welcome change from ordinary frosting.

SHORTENING

Any one fat may be substituted for any other.

The various cooking fats and oils which are prepared commercially are similar in action, though they differ in flavor. They may be used interchangeably or substituted for butter or margarine by decreasing the amount two tablespoons to the cup. Good drippings may be used in the same way. Of course the flavor must be considered. Ham, bacon, and mutton are not easily disguised unless used in a highly spiced mixture. Do not forget to add a pinch of salt when substituting an unsalted fat for a salted one.

To increase the quantity of frying fat, drippings again come in play. Mutton, ham, bacon, or even sausage fat in small quantities cannot be detected. For croquettes, cutlets and potatoes, the flavor is not objectionable and larger amounts may be used.

EGGS

One is especially likely to find the cupboard destitute of eggs—and sometimes they are so high in price and so difficult to obtain that one does not pretend to keep them on hand.

As a leavening agent baking powder may be used, substituting one teaspoon in place of each egg omitted. It is not advisable to try to substitute for more than two eggs. If you have no eggs and must make a cake, choose a one-egg cake rather than a four-egg recipe

as a foundation. Or, better still, try a dark eggless cake. A recipe for an eggless chocolate cake will be found on page 67.

It is a great convenience to have dried egg whites on hand. Whenever you have an egg white left, place it on a plate and leave in a warm place until thoroughly dried, scrape off the crystals which will have formed and store in jars. A tablespoon of the powder dissolved in two tablespoons of water will equal one egg white. It beats up perfectly.

For thickening, a tablespoon of flour or half a tablespoon of corn-starch will take the place of one egg. A little yellow coloring will conceal the substitution from the eye.

Evaporated milk undiluted is really superior to milk for glazing. For dipping croquettes for frying it gives excellent results.

WHIPPED CREAM

Evaporated cream will whip, and evaporated milk may be beaten stiff if subjected to a certain process.

Put the milk in a bowl and set the bowl in a larger bowl or pan partly filled with cracked ice to which has been added one-fourth its amount of ice-cream salt. Let the milk chill for five minutes, then beat with an ordinary egg-beater. It should take ten minutes' beating to make a thick whip and in that time the milk will have increased to three times its original bulk. You will have a thick, creamy whip which is ready for use in cooking. For use on the table as whipped cream, add to one and one-half cups of the cream whip, three-quarters teaspoon of vanilla, one and one-half tablespoons sugar, a pinch of salt. Dissolve one-half teaspoon granulated gelatine which has been soaked in one tablespoon of hot water and add to the cream, whip again for a few minutes and chill.

Marshmallow Cream is a good topping in place of whipped cream.

On custards, baked puddings, or pastry meringue is a good substitute for whipped cream. It may be baked on a dessert or on a dish of water and transferred to any dish for serving.

Fruit whip is delicious and not unlike stiffly beaten cream in texture. One egg white, one-half cup sugar, and one-half cup fruit pulp makes a cup and a half of the whip. Raw apple pulp makes a whip very delicate in flavor that combines well with almost anything. Any raw or cooked fruit purée may be used.

SUGAR AND SYRUPS

Syrups and honey may be used very satisfactorily in place of half the sugar in a recipe. They give a different texture, flavor, and intensity of sweetness from sugar, and if used in too large amounts are not acceptable.

In using brown, powdered, or confectioners' sugar in the place of white the substitution should be made by weight, not measure. Approximately one and one-third cups of brown sugar, or one and one-quarter cups of confectioners' sugar is equivalent to one cup of granulated.

For desserts and beverages condensed milk or sweet chocolate may be used to supply the sugar.

The different syrups may be substituted one for another by exercising a little judgment.

A brown sugar syrup is similar to molasses in flavor but is less acid. Syrup made by caramelizing sugar gives the same brown color, but is distinctive in flavor and entirely free from acid, so that, in baking, baking powder should be used with it in place of soda.

Maple syrup has an inimitable flavor. Brown sugar syrup flavored with vanilla and a light caramel syrup with maple flavoring approach it, and are good on pancakes and waffles.

BAKING POWDER

The use of soda and cream of tartar instead of baking powder is very common, for many baking powders are made up of just those ingredients. The correct proportion is two parts of cream of tartar to one part soda. Three-quarters of a teaspoon of the mixture is equal to one teaspoon of baking powder, the seeming discrepancy in the figures being accounted for by the fillers in commercially prepared baking powders.

Soda with any acid liquid will liberate carbon dioxide, the leavening agent furnished by baking powder. Substitute sour milk or acid fruit juice for sweet milk, or use a molasses recipe.

FLOUR

The characteristic action of flour is due to the gluten which it contains. Wheat flour is richer in gluten than the other flours, and really good results in baking cannot be obtained by substituting for the whole amount called for.

If one has no white flour, whole wheat is the most satisfactory substitute. Cakes and muffins made with entire wheat flour and camouflaged with spices will often be passed by an unsuspecting family.

Crumbs of all sorts may be used to advantage for part of the flour in dark breads, steamed puddings, cakes, and cookies. This substitution, by the way, furnishes an excellent opportunity for using the crumbs that always seem to accumulate in distressingly large amounts.

Cereals are excellent for thickening soups and gravies, the proportion depending on the kind of cereal and whether it has been previously cooked.

The substitution of bread flour for pastry is simple. One cup of pastry flour is equal to one cup of bread flour minus two tablespoons.

FLAVORINGS

One often finds oneself without certain flavorings, but it is sometimes possible to imitate them.

Vanilla and almond give pistachio. The combination of rose and almond results in a flavor very like sherry.

Orange or lemon peel may be used in place of the extracts.

In steamed pudding or fruit cake, orange marmalade will take the place of candied peel.

STOCK

Stock is largely a matter of liquid and seasoning, and substitutes are easily found.

Bouillon cubes, meat and vegetable extracts dissolved in water make excellent stock.

Canned bouillon or consommé are perfectly satisfactory.

Vegetable juices, fresh and canned, should be saved and used in place of part of the stock called for.

Plain water, judiciously seasoned with salt, pepper, celery, onion salt, parsley, and so forth, and colored with a little caramel may pass for stock. Caramel used for coloring should be very dark and at best it will change the flavor slightly.

CHICKEN — MUSHROOMS — CELERY

Mushrooms are often unavailable and are always a luxury. Cooked celery cut in small pieces may be used very successfully instead.

Instead of chicken use veal or pork cut in cubes, or tuna fish. Many a tuna fish salad has passed as chicken.

In uncooked mixtures, crisp cabbage cut fine may take the place of celery. A little celery salt or celery seed helps along the deception.

Dried celery leaves as well as the salt and seed may furnish the celery flavor to cooked mixtures.

It is an excellent plan to save the best leaves of every bunch of celery, dry them thoroughly and pulverize. The powder may then be kept in a salt-shaker and used in place of celery salt. Dried parsley will also be found worth the trouble of preparation.

QUANTITY COOKERY

Unless otherwise stated, all quantities will serve 50 people.

BEVERAGES	
Chocolate	Syrup made from 2 cups sugar 3 quarts water (brought to a boil) 8 quarts milk Add 1-1½ pounds bitter chocolate
Cocoa	Syrup made by boiling together for 30 min. 2 cups sugar 2 cups cocoa 4 quarts water Add 6 quarts milk
Coffee	1½ pounds ground coffee 4 cups pulverized coffee 8 quarts water
Boiled	10½ quarts water
Filtered	8 quarts water
Tea	¾ cup tea 8 quarts water
Fruit Punch	3 dozen lemons 10 quarts water 3 pounds sugar 2 cups crushed pineapple 1½ dozen oranges
Lemonade	50 lemons 3 pounds sugar 12 quarts water
DESSERTS	
Gelatines	8 tablespoons gelatine 1 quart fruit juice 1½ pounds sugar 2 quarts cold water 2 quarts hot water
Ice Cream	Brick 1 quart serves 6 Bulk 1 quart serves 8
Whips	1 quart fruit pulp 1½ pounds sugar 8 egg whites 1¼ cups lemon juice

FISH	Baked or Boiled	20 pounds fish	3 quarts sauce
	Creamed	8 pounds fish	3 quarts white sauce
	Scalloped	5 pounds fish 2 quarts diced potatoes	2 quarts broken bread 4 quarts milk
MEAT			
Roast Beef	16 pounds		
Roast Lamb	15 pounds		
Roast Pork	15 pounds		
Roast Chicken	25 pounds dressed	3 quarts dressing	
Baked Ham	15 pounds		
Hamburg Balls	10 pounds meat	3 cups crumbs	1 quart milk
SALADS			
Fish	5 pounds cooked fish	3 quarts diced celery	
Fruit	6 quarts mixed diced fruits		
Meat	5 pounds cooked meat	3 quarts diced celery	
Vegetable	6 quarts mixed diced vegetables		
SANDWICHES			
Bread	1 pound loaf	16 sandwich slices	
Fillings:	for 50 sandwiches of 2 whole slices of bread		
Cream Cheese and Olive	1½ pounds stuffed olives	2 pounds Neufchâtel Cheese	
Chopped Meat			
Egg	2½ pounds meat	2 cups mayonnaise	
Peanut Butter	2 dozen eggs	2 cups mayonnaise	
Butter	1 pound peanut butter	½ cup cream	
	½ pound		

SOUPS			
Beef Stew	10 pounds round of beef 1 quart diced potatoes	1 quart mixed vegetables 6 quarts water	
Chowders	2 quarts fish or vegetables 3 cups diced potatoes 6 quarts milk	2 quarts water $1\frac{1}{4}$ pounds salt pork	
Creamed Vegetable	4 quarts vegetables to be put through sieve	6 quarts very thin white sauce	
Oyster Stew	1 gallon oysters	8 quarts milk	
VEGETABLES			
Beans:			
Baked	3 quarts pea beans $\frac{2}{3}$ cup molasses $\frac{1}{3}$ cup salt	2 pounds pork $\frac{1}{2}$ cup brown sugar	
String	2 No. 10 cans beans	$\frac{1}{2}$ cup butter	
Beets	8 pounds beets	1 cup butter	
Carrots	8 pounds carrots	4 quarts thin white sauce	
Creamed	4 pounds carrots	1 No. 10 can peas	
With peas			
Peas	2 No. 10 cans peas	4 quarts thin white sauce	
Creamed			
Tomato	2 No. 10 cans tomatoes 4 quarts broken bread	$\frac{1}{4}$ cup salt $\frac{1}{2}$ cup sugar	
Scalloped			
Stewed	1 No. 10 can tomatoes 1 No. $2\frac{1}{2}$ can tomatoes $1\frac{1}{2}$ quarts bread crumbs	2 tablespoons salt $\frac{3}{4}$ cup sugar	

BEVERAGES

Facts to Remember in Beverage Making

Cocoa, coffee, and tea all act as stimulants to a slight degree; but if properly prepared they can be taken in moderate amounts by a normal adult with no injurious effects.

Cocoa and chocolate have a high nutritive value in themselves, and when prepared with milk they are still more important as foods.

Both cocoa and chocolate are improved by boiling for a few minutes in a small quantity of water. The cooking brings out the flavor of the chocolate and makes the starch which the products contain more easily digested.

Boiled Coffee.—Boiling is probably the method of coffee making in commonest use. It is the most economical in coffee, but it produces the least delicacy of flavor and develops the largest amount of tannic acid. For it use coffee coarsely ground. Allow a level tablespoon of coffee for each cup to be served, and one extra for the pot. An egg, if the food budget allows it, is also called for. If a whole egg cannot be spared, shells of the eggs, used in routine cookery, carefully washed before breaking, will do nearly as well.

Mix the coffee well with the slightly beaten egg, or with the shells, and add one cup of cold water. Stir all together and let stand while the rest of the water is being heated. As soon as it comes to a jumping boil pour it over the mixture in the coffee-pot and let it boil not longer than three minutes.

Stuff the spout with paper towelling or a bit of immaculate cheese-cloth while the boiling goes on, unless you have the sort of coffee-pot in which the closing of the spout is provided for in the pot itself.

The egg clears the coffee, but two tablespoons of cold water added just before the coffee goes to the table will complete the process.

Percolator Coffee.—For percolating, the coffee should be ground more finely than for the preceding process. The consistency of granulated sugar is about right. Allow one tablespoon (level) for each cup. Either cold or hot water may be used in the percolator. Each has its advocates. We prefer to start with cold water and after the percolator begins to "plurp" we keep it going for five minutes. Coffee, in this process as in both the others, should be served immediately to be at its best.

Drip Coffee.—Dripping or filtering is the method beloved by epicures and favored by scientists. Coffee for it should be ground to the same texture as fine corn meal. It should feel a bit gritty when rubbed between the fingers. Pulverized coffee ground as fine as flour is too fine. It mats together and prevents the free penetration of water to extract flavor. A percolator may be used to hold the coffee, but unless the holes in the container are minute, cotton flannel, fuzz side up, or fine, firm muslin is better. Use a tablespoon of coffee for each cup, put the coffee in the container, take the required amount of water brought to a jumping boil, and pour it *slowly* through the coffee. If this does not make the flavor strong enough to suit the family either increase the amount of coffee or pour the water through a second time. The more epicurean of coffee drinkers say that a second pouring spoils the delicacy of flavor. No egg is needed for clearing. If the "drip" is fine enough the coffee will be clear.

One caution is necessary if you use a cloth drip. Let it be wide and shallow. A long conical drip does not allow the water to penetrate among the coffee particles as it should. For perfection in this method no metal must touch the coffee while the "drip" is in process. Use a glass, pottery or enamel pot.

TEA

Great care is the price of a really good cup of tea.

Tea should be kept in a tightly covered tin or jar.

The teapot, which should be of porcelain or earthenware, should always be scalded before being used.

Water used in making tea should be freshly boiled. Water boils when the entire surface breaks into bubbles.

Tea should never be allowed to boil.

Use the proportion of about one teaspoon of tea to one cup of water, this amount depending upon the kind of tea used and the strength desired.

Allow the tea to stand from one to five minutes in a hot place, this time also depending upon the kind of tea used. Five minutes is usually the maximum time, as after that, injurious qualities are produced.

A properly prepared brew of tea is never left standing on the leaves, but is strained off into a well-heated teapot or tea-urn.

CHOCOLATE

2 squares chocolate

½ cup boiling water

¼ cup sugar

3 cups scalded milk

Melt chocolate and add water. Stir until smooth, add the

sugar, boil three minutes, and add milk at once. Serve with whipped cream or marshmallows. Servings, 4.

FRENCH CHOCOLATE

1 quart milk	1 tablespoon sugar
4 ounces chocolate	1 teaspoon arrowroot

Put milk in double boiler, add the chocolate broken in small pieces, then the sugar. Stir until chocolate is dissolved. When chocolate is hot add arrowroot dissolved in a little water. Serve with whipped cream. Servings, 6.

MEXICAN CHOCOLATE

1 pint milk	1½ tablespoons ground coffee
2 inch piece of stick cinnamon	1 ounce chocolate
	¼ cup boiling water

Scald milk with cinnamon and coffee. Strain through double cheese cloth and reheat. Add chocolate melted, and mixed with boiling water. Cook two minutes. Beat well and serve with whipped cream. Servings, 3.

SPICED CHOCOLATE ICED

1 pint milk	½ teaspoon cinnamon
1 cup sugar	1 egg yolk
1 tablespoon cornstarch	1 teaspoon vanilla
1 tablespoon cocoa	

Scald milk and add to other ingredients well mixed. Cook five minutes. Cool, flavor with vanilla and chill. Add cold milk to suit taste. Servings, 3.

CHOCOLATE SYRUP NO. 1.

2 squares chocolate	Pinch salt
½ cup sugar	½ teaspoon vanilla
¾ cup boiling water	

Melt chocolate and add sugar. Add boiling water, salt, and boil until thickened. Cool, and add vanilla. Dilute with milk for iced chocolate.

CHOCOLATE SYRUP NO. 2.

$\frac{1}{2}$ cup water	1 ten ounce can condensed
1 cup crystal white syrup	milk
1 cup cocoa	1 tablespoon vanilla

Put water and syrup on to boil. Mix with cocoa until a smooth paste, add condensed milk and cook in double boiler thirty minutes. Cool, add vanilla and bottle. For children's cocoa add one tablespoon of syrup to cup of hot milk, or water and milk. As a sauce for puddings, and as the liquid in mixing frosting use syrup undiluted.

COCOA

3 tablespoons cocoa	1 cup water
3 tablespoons sugar	3 cups scalded milk
$\frac{1}{4}$ teaspoon salt	

Mix cocoa, sugar, and salt, add to boiling water and let boil eight to ten minutes. Add milk and serve at once. Equal parts of evaporated milk and water may be used. Servings, 6.

CRACKED COCOA

$\frac{1}{2}$ cup cracked cocoa	1 cup milk
3 cups cold water	

To cocoa add water and boil one hour. Strain and add the milk. Serve with cream and sugar.

If cracked cocoa is pounded in a mortar, the cooking time may be shortened. Servings, 4

ICED MINT COCOA

6 tablespoons cocoa	$\frac{1}{4}$ cup sugar
1 cup boiling water	1 quart milk
4 sprigs of mint	$\frac{1}{2}$ teaspoon vanilla

Mix cocoa with boiling water. Add mint and cook until thick. Add sugar and milk. Bring to boiling point and remove from fire and strain. Cool, add vanilla. Ice and serve. Charged water may be added. Servings, 6.

COFFEE WITH WHIPPED CREAM

1½ cups coffee	½ cup sugar
3 pints boiling water	½ teaspoon vanilla
½ pint cream	

Put coffee in cheese-cloth bag, add water and boil three minutes. Let stand ten minutes then remove bag and keep coffee hot until serving-time. Beat cream until stiff, add sugar and vanilla and serve a spoonful on each cup of coffee. Servings, 8.

ICED COFFEE

2 tablespoons coffee	2 tablespoons sugar
3 cups water	Ice
1 teaspoon lime juice	

Make coffee in the usual way, add lime juice, sugar, and cool. A little lemon juice, and a few tiny pieces of fruit are just as delicious in coffee as tea. Cream added with chipped ice without the lime or lemon juice makes a delicious cold drink.

ICED VIENNA COFFEE

1½ cups finely ground coffee	1 egg or crushed shell
6 cups water	

Make coffee as usual in the percolator or drip coffee pot. Strain through cheese cloth, chill, and serve with sweetened whipped cream. Servings, 8.

ICED TEA

1 cup boiling water	2 whole cloves
1 teaspoon tea	Chipped ice

Pour fresh boiling water over tea and cloves. Let stand two minutes, strain. Cool, add ice and more water if desired. Sweeten to taste. Lime or lemon juice added makes a more snappy drink and is more often preferred. Servings, 2.

A DELICIOUS TEA PUNCH

2 cups sugar	1 pint cherry juice
2 cups water	1 cup grated pineapple
1 pint tea infusion	1 quart Apollinaris or other
4 lemons (juice)	charged water
4 oranges (juice)	Iced water

Boil the sugar and the two cups of water together for ten minutes; when this is cold, add the tea infusion, using only the best tea to make this. Add the fruit juices, pineapple, and let stand a while. Then add the charged water, and enough iced water to make the desired strength. Servings, 25.

FRUIT BEVERAGES

Fruit beverages are most refreshing and healthful. When made of only one kind of fruit, they are called "ades,"—lemonade, orangeade, pineappleade, etc., and when made of a combination of fruit juices they are spoken of as "punches."

Summer beverages are better and more quickly made if sweetened with a sugar syrup instead of granulated sugar. This syrup should be made ahead and kept on hand in a covered jar or a bottle. To make it, measure equal parts of sugar and water into a saucepan, place over the fire and stir until the sugar is dissolved, then let it boil without stirring for six or eight minutes. Cool and bottle. This blends more readily with the beverage than sugar and also gives a better body.

A plain lemonade may be "dressed up" with sprigs of mint, or cold tea, or grape juice, and the result is a good punch without using many ingredients.

A dash or two of soda-water which may be bought in a siphon at a druggist's, adds greatly to any drink; or we may add bottled charged water. Ginger ale, as well as charged water, gives a zest to all of these drinks.

CHERRY PUNCH

2 quarts white cherries	1 cup grated pineapple
2 cups water	1 cup tea infusion
2 cups sugar	1 quart carbonated water
6 oranges	½ teaspoon almond extract

Cover the cherries with the water and cook until the cherries are reduced to a pulp. Strain to remove skins and stones.

Add the sugar and cook for about ten minutes; cool and add the juice of the oranges and pineapple. Place on ice to chill and ripen. Add the tea, carbonated water, and almond extract, and sufficient cold water to make the desired strength. Place in a punch bowl with a block of ice and garnish with a few whole cherries. Red cherries may be used for this punch instead of white cherries. Servings, 25.

SWEET CIDER PUNCH

1 cup sugar	1 quart sweet cider
1 pint water	1 pint grape juice
3 lemons	

Place the sugar in the water and boil for about ten minutes, adding a little of the outer lemon rind. When cold add lemon juice, then add the sweet cider and place in a freezer and freeze to a mushy consistency. When frozen mix in the grape juice. Serve in tall glasses. Dilute with a little cold water if too strong. Servings, 20.

CIRCUS PUNCH

1 cup sugar	for syrup	$\frac{1}{4}$ cup prune juice
1 cup water		$\frac{1}{4}$ cup cherry juice
2 lemons		2 quarts water
$\frac{1}{2}$ cup apricot juice		Pink coloring

Boil sugar and water together about ten minutes. Cool, and add fruit juices to make one pint. Dilute with cold water and chill. Serve with cracked ice and cherries. A pretty pink color may be obtained by using vegetable coloring. Servings, 20.

CURRANTADE

1 $\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup lemon juice
2 cups hot water	3 quarts cold water
1 pint cooked currant juice	

Dissolve sugar in hot water, add currant juice, lemon juice and cold water. Chill. A few pineapple cubes may be added, if liked. Seal in quart bottles and keep on ice. Servings, 30.

GINGER CRUSH

1 tablespoon crushed ginger root	1 cup sugar
1 quart water	$\frac{1}{2}$ cup lemon juice

Boil ginger root in water twenty minutes. Add sugar and lemon juice. When cold remove ginger, and chill, adding more water if desired. One tablespoon of grated pineapple added to each serving is a delicious addition. Servings, 10.

GINGER PUNCH

1 quart water	$\frac{1}{2}$ cup lemon juice
1 cup sugar	$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ cup chopped preserved ginger	$\frac{1}{2}$ cup pineapple juice

Boil water, sugar and ginger slowly for fifteen minutes. Add fruit juices and chill. Tiny pieces of orange and pineapple may be added. Dilute as desired. Servings, 12.

GRAPE PUNCH

10 cups grape juice	A few leaves of mint or lemon extract
Juice of 4 oranges and $\frac{1}{2}$ rind of one, grated	3 egg whites
1 cup sugar	2 cups water
4 whole cloves	

Mix six cups of grape juice with orange juice, sugar, cloves, and mint leaves. Bring to a boil, cool, and then let stand to ripen for three hours. When ready to use serve ice cold with the egg whites beaten stiff and folded in, and the other four cups of juice added with the two cups of water. Servings, 25.

GRAPEFRUIT PUNCH

2 cups sugar	1 orange
1 cup water	1 cup white unfermented
6 grapefruit	grape juice

Make a syrup of the sugar and water. Add juices and pulp of grapefruit and orange. Cool, strain and add grape juice. Dilute with water to taste. Servings, 12.

LEMONADE SYRUP

2 cups sugar
1 pint water

6 lemons

Cook the sugar and water together without stirring until it is a thick syrup, adding the grated outer rind of one of the lemons. When this is cool, add the juice of the lemons, and bottle. By diluting with ice water you may have lemonade at short notice. This syrup may also be used as a basis of many cooling drinks. By adding grape juice, you have grape-juice lemonade. A dozen sprigs of fresh spearmint added to a quart of lemonade will give you another flavor. Tea lemonade is made by taking a cup of the lemonade syrup and adding to it a pint of tea infusion, a quart of ice water, and, if liked, a fourth cup of orange or pineapple juice. You can make the lemonade syrup in any quantity you wish. Some people make the thick syrup, and add the lemon juice when making up the lemonade.

SPICED LEMONADE

Spiced lemonade may be made by adding three cloves and a stick of cinnamon to the above recipe.

ORANGE EGGNOG

1 egg
1 orange

1 tablespoon maple syrup

Beat egg, add juice of orange and beat again. Add the maple syrup and continue beating until well blended. The juice of two oranges may be used with one egg if desired.

PINEAPPLE PUNCH

1 cup juice from canned pineapple	$\frac{1}{4}$ cup orange juice
3 tablespoons lime juice	1 cup sugar
3 tablespoons lemon juice	1 cup boiling water
	3 cups cold water

Mix fruit juices. Dissolve sugar in boiling water and boil two minutes. Cool and add to the fruit juices. Add cold

water and pour over cracked ice. Serve with a maraschino cherry or sprig of mint in each glass. Servings, 10.

RASPBERRY MINT

1 sprig of mint	1 quart lemonade
$\frac{1}{2}$ cup ripe raspberries	

Bruise the leaves and the stems of the mint, and crush the berries, putting them in the ice-cold lemonade at least two hours before using. Remove the mint before serving. Servings, 6.

RHUBARB PUNCH

3 pounds rhubarb	1 cup lemon juice
1 quart water	$\frac{3}{4}$ cup shredded pineapple
2 $\frac{1}{2}$ cups sugar	3 quarts iced water
1 $\frac{1}{2}$ cups orange juice	

Cut rhubarb into small pieces and cook in water until tender (about twenty-five minutes) and strain. There should be two quarts of juice. Add the sugar while the juice is hot and stir until dissolved. Add fruit juices, and when cooled add the iced water. Serve with half slices of lemon and orange. Servings, 50.

WEDDING PUNCH

4 cups sugar	1 pint bottle maraschino
2 cups orange juice	cherries
2 cups lemon juice	Ice
2 cups pineapple juice	2 quarts Apollinaris water

Combine sugar and fruit juices and let stand until the sugar is dissolved. Add the cherries and ice, and just before serving add the Apollinaris water. Garnish with slices of orange and lemon. Servings, 30.

BREADS

Facts to Remember about Bread Making

The only essential ingredients in bread making are flour, yeast, and liquid.

Flour made from hard or spring wheat, because it contains a larger proportion of gluten than soft or winter wheat flour, gives a dough that is elastic. For this reason it is preferred for breads in which yeast is the leavening agent.

The liquid may be milk, water, or potato water, or a mixture of the three. The larger the proportion of milk the greater the nutritive value of the loaf. The use of potato water hastens the action of the yeast and gives a loaf that does not dry quickly.

Yeast may be compressed or dry. The compressed cake, which must be used while fresh, is the most convenient form whenever it can be secured, because it acts rapidly. Dry yeast will keep indefinitely and on that account it is the most satisfactory form for households not near the market. In the dry yeast the yeast plants have become inactive and a longer time is required for the bread making process.

Potato yeast, which is started with a dry yeast cake is convenient to have on hand, and may be used very successfully by an experienced cook. Grate a raw potato, pour a little boiling water over it, and cook to a thick paste. When cool, add a little salt and sugar and a dry yeast cake, or part of one. Leave the mixture in a warm place for several hours until it is light and foamy. This kind of yeast takes the place of the yeast cake and part of the liquid in mixing bread.

A little salt is added to bread dough to prevent the growth of undesirable ferments and to give flavor to the bread. Too large a proportion of salt retards the action of the yeast.

It is not necessary to use sugar in bread making. A little is usually added however because it hastens the fermentation process and the flavor is generally liked. A very large amount retards the process.

Shortening as well adds a desirable flavor to bread. It also makes the dough tender, and helps to keep the loaf moist. An excess of shortening tends to retard the rising.

Too high a temperature kills the yeast plants, while cold renders them inactive. Yeast acts most rapidly at ordinary room temperature.

GENUINE COFFEE CAKE (German)

1 pound bread dough	½ cup brown sugar
4 egg yolks	

Roll bread dough to about one inch in thickness, place in greased pan and let rise until very light. Beat yolks of eggs and spread over the dough. Prick dough, then spread thickly with sugar and bake in a moderately hot oven. Time in oven, 30 minutes. Temperature, 380°.

COFFEE LOAF

½ cup strong coffee	1 cup seedless raisins
1 pint bread sponge	1 egg (beaten)
3 tablespoons light brown sugar	1 tablespoon melted butter
	½ cup chopped nuts

Stir the lukewarm coffee into the sponge, add the sugar, raisins, beaten egg, melted shortening, and nut meats. Mix thoroughly. Add enough flour to make a stiff cake batter. Pour into a cake pan or bread tin. Let rise until very light and bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 380°.

CORN MEAL BREAD

1½ cups water	¼ cake yeast, softened in ¼
⅔ cup corn meal	cup lukewarm water
1½ teaspoons salt	2½ cups flour

Pour the water over the corn meal and salt, and heat to the boiling-point. Cook twenty minutes in a double boiler or over hot water. Cool, add yeast and flour, then knead and let rise until double in bulk. Shape into a loaf and let rise in the pan until again double in bulk. Bake in a moderately hot oven.

Time in oven, 50 minutes. Temperature, 380°.

CRUMB BREAD

1½ quarts bread-crumbs	1 yeast cake, dissolved in 2
1 cup molasses	tablespoons lukewarm water
4 teaspoons salt	1 quart graham flour
4 tablespoons shortening	White flour to knead
2 quarts hot water	

Dry and grind bread in the meat-chopper before measuring. Add molasses, salt, and shortening to the water and pour over the crumbs. When lukewarm stir in the yeast. Add graham flour and white flour to knead. Brush with melted fat and let rise overnight. In the morning shape into loaves. Brush with fat and let rise until double in bulk. Bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 380°.

DATE BREAD

1 pint bread sponge	1 tablespoon coriander seeds
1 cup chopped nut meats	2 tablespoons caraway seeds
2 tablespoons maple or brown sugar	1 cup chopped dates

Mix ingredients thoroughly and add enough flour to make into a loaf. Let rise until at least double in size, brush over with beaten egg and sprinkle with coriander seeds. Bake in a moderately hot oven.

Time in oven, 1 hour and 10 minutes. Temperature, 380°.

GRAHAM BREAD

2 teaspoons salt	1/4 cup lukewarm water
3 tablespoons molasses	6 cups white flour
5 cups water, or milk scalded and cooled	1 tablespoon shortening
1 yeast cake dissolved in	Graham flour

Mix all ingredients, except graham flour, to smooth consistency and let stand in a warm place until light. Stir in enough graham flour to make a dough just stiff enough to handle. Mold and put into pans to rise. When loaves have doubled their bulk bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 380°.

GRAHAM OR WHOLE-WHEAT BREAD

1 yeast cake	2 tablespoons lard or butter melted
4 tablespoons light brown sugar or molasses	1 cup sifted white flour
1 cup lukewarm water	4 cups graham flour
1 cup milk scalded and cooled	1 teaspoon salt

Dissolve yeast and sugar, or molasses, in lukewarm water and milk. Add lard or butter, then flour gradually, (enough to make a dough that can be handled), and the salt. Knead thoroughly. Cover, and set aside in a warm place to rise for about two hours. When double in bulk, turn out on the kneading board, mold into loaves, and place in well-greased pans. Cover and set to rise again — about one hour or until light. Bake in a moderately hot oven. Time in oven, 1 hour. Temperature, 380°.

OATMEAL BREAD

2 cups rolled oats	1 tablespoon sugar
3 cups boiling water	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup shortening	2 teaspoons salt
2 cakes yeast	$\frac{3}{8}$ cup nut meats
1 cup lukewarm water	White flour

Scald oats with boiling water, add shortening, and cool. Dissolve yeast in lukewarm water with the one tablespoon sugar. Add to cooled oats and add rest of ingredients — using enough white flour to make quite a stiff dough. Shape into loaves, put into a greased pan, and let double in bulk. Bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 380°.

RAISIN AND NUT OAT LOAF

1 pint scalded milk	$\frac{1}{2}$ cup lukewarm water
1 cup rolled oats	2 cups whole wheat flour
1 teaspoon salt	1 cup raisins
$\frac{1}{4}$ cup molasses or sugar	1 cup chopped nut meats
1 yeast cake	

Pour the scalded milk over the oats and cook slowly to a mush, adding salt, molasses or sugar. When lukewarm add the yeast, which has been softened in the water, add flour, chopped raisins, and nut meats. Knead carefully on a well-floured board until it loses its stickiness. Form into two loaves, place in well-greased pan and let stand until very light. Brush over with milk or egg and bake in a moderately hot oven.

Time in oven, 1 hour and 20 minutes. Temperature, 380°.

RAISIN POTATO BREAD

1 yeast cake	1 tablespoon shortening
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups mashed potato (sweet)
$\frac{1}{2}$ cup warm water	1 cup graham flour
1 teaspoon salt	2 cups scalded milk, cooled
Flour	$1\frac{1}{2}$ cups raisins

Dissolve yeast in milk and water. Add salt and flour to make a stiff batter. Let rise overnight. In the morning add shortening, potato, graham flour, milk, and flour to make a stiff dough. Let rise until light, add raisins and knead. Then let rise again. Make into loaves and let rise until double in bulk before baking.

Time in oven, 1 hour. Temperature, 380°.

SEED OR Currant BREAD

2 cups bread sponge	1 cup currants, or
$\frac{1}{2}$ cup butter or margarine	2 tablespoons caraway seeds
$\frac{1}{2}$ cup sugar	

Take bread sponge and work in the butter and sugar which have been creamed together, add currants or seeds. Let rise in loaf tin until light, then bake in a moderately hot oven. This is really like cake and is served as such.

Time in oven, 1 hour. Temperature, 380°.

WHEAT-RYE BREAD

	yeast
1 yeast cake	2 tablespoons wheat flour
$\frac{1}{2}$ cups lukewarm water	$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{2}$ cup boiled mashed potatoes

Dissolve yeast in one cup of warm water. Add remaining ingredients to the other cup of water. Combine mixtures and beat well. Let rise over night.

sponge

2 cups rye flour, slightly warmed	1 tablespoon sugar
1 teaspoon salt	The prepared yeast

Add flour, salt, and sugar to the yeast, and beat until smooth. Put in a warm place and let rise until double in bulk. The time will be less than three hours.

dough

The prepared sponge	1 cup rye flour
2 teaspoons salt	3 cups wheat flour

Add salt and rye flour to the sponge. Add wheat flour to make a dough as soft as can be handled. Turn out on to a lightly floured board and add the remaining flour gradually, kneading thoroughly after each addition. Let rise until double in bulk. Knead down, mold into two loaves, place on a baking sheet, and let rise again until double in bulk. Bake in a moderately hot oven. A tablespoon of molasses may be added to the dough if the flavor is desired. Time in oven, 1 hour. Temperature, 380°.

WHITE BREAD

1 yeast cake (dry)	3 tablespoons sugar
4 cups liquid	4 tablespoons shortening
1 tablespoon salt	3 pounds flour

Dissolve yeast in one pint of liquid which has been scalded and cooled to lukewarm (85 degrees F.). Add one pound of flour, beat well, and let rise until light (over night). Add one pint of liquid scalded and cooled to lukewarm, salt, sugar, shortening, and flour. Knead until smooth and elastic. Let rise until double in bulk. Knead, shape into loaves, place in greased pans. Let rise again until double in bulk and bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 400° for 15 minutes, 350° for 45 minutes.

WHITE BREAD

4 cups liquid	3 tablespoons sugar
2 yeast cakes (compressed)	4 tablespoons shortening
1 tablespoon salt	3 pounds flour

Scald milk or boil water. Cool one-half cup to lukewarm (85 degrees F.) and dissolve yeast in it. To rest of liquid add sugar, salt, and shortening. Cool to lukewarm (85 degrees F.) and add yeast. Add flour and knead until smooth and elastic. Let rise until light. It will have increased to about three times its original bulk. Knead until bubbles are broken up and gas evenly distributed. Shape into loaves. Place in greased pans and let rise until double in bulk and bake. By using half the quantity of yeast the bread may be mixed in the evening and left to rise over night.

Time in oven, 1 hour. Temperature, 400° for 15 minutes, 350° for 45 minutes.

WHOLE WHEAT BREAD

1 teaspoon sugar	1/2 cake yeast
1 teaspoon salt	1/4 cup lukewarm water
1 cup milk (scalded)	2 3/4 cups whole wheat flour

Put sugar and salt in mixing bowl and add milk. When lukewarm add yeast dissolved in lukewarm water. Add half the flour and beat well. Add remainder of flour and knead ten minutes. Return to bowl, moisten surface with water and let rise until double in bulk. Cut down and knead ten minutes. Shape, place in pan, and let rise until double in bulk. Bake in a moderately hot oven.

Time in oven, 50 minutes. Temperature, 380°.

FANCY BREADS

BREAD RING AND BRAID

2½ cups milk	2 tablespoons sugar or honey
1 yeast cake (dry or com- pressed)	1 egg
Flour	¼ teaspoon salt
½ cup shortening	1 teaspoon almond extract

The milk should be scalded, and cooled until lukewarm. Dissolve the yeast cake in one-half cup of it. Then add one-half cup of flour. Mix thoroughly by beating and let rise. When it has doubled its bulk add four and one-half cups of flour and repeat the rising process. Next add all the other ingredients and flour to make a dough just stiff enough to handle (probably about one and one-half cups will be needed). Toss on a floured surface, knead, cover, and let rise a third time.

TO MAKE A RING

Roll out the dough as thinly as possible, spread with melted butter and sprinkle with sugar and cinnamon.

Roll like a jelly roll. The dough will probably stick and have to be coaxed to roll with a knife.

Stretch if necessary to make it long enough to form a good ring.

Cut a piece from each end and join the two ends to make a circle.

Cut at regular intervals with the kitchen shears from outside edge almost to center.

TO MAKE A BRAID

Cut three pieces of dough of equal size.

Roll them into equal lengths with the hands.

Fasten three ends together and braid evenly.

The braid may be put on a greased baking sheet or shaped around a circular dish. Let the braid rise, brush it with an egg yolk, beaten and diluted with half a tablespoon of cold

water. Bake in a moderately hot oven. Chopped nuts or sugar and cinnamon may be sprinkled over it before it is baked, if you choose.

Time in oven, 20 minutes. Temperature, 380°.

CLOVER-LEAF CORN ROLLS

1 cup hot milk	2 or 3 tablespoons shortening
¾ cup corn flour or fine cornmeal	½ tablespoon salt
½ cake yeast	2 tablespoons sugar
3 tablespoons lukewarm water	2½ cups wheat flour

Pour hot milk over corn flour or meal, and let stand until lukewarm. Add yeast, which has been dissolved in lukewarm water, and remaining ingredients. Knead until dough is smooth and elastic. Brush with cold water to prevent crust forming, and let stand until light. Have muffin-pans greased. Form dough into balls about an inch in diameter and put three into each muffin-pan. Use no flour in shaping rolls, but keep fingers well greased. Let rise until double in bulk, and bake in hot oven twenty minutes or more according to size of pans. Served with honey or jam, these make a very satisfying luncheon dessert.

Time in oven, 20 minutes. Temperature, 400°.

EGG BUNS

4 eggs	1 cup flour
1 pint bread dough	3 tablespoons melted butter
3 tablespoons brown sugar	or lard

Work the eggs into the dough one at a time, stir in the sugar, flour, and the melted shortening, then set the dough to rise until light. Work it again and drop into muffin-pans, brush over with beaten egg and sprinkle with brown sugar. Bake until a nice brown in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°.

ENGLISH MUFFINS

2 cups milk	2 eggs
1 cake yeast	2 teaspoons salt
5½ cups flour	1 tablespoon sugar
½ cup melted butter	

Scald milk and cool until lukewarm. Dissolve yeast in two tablespoons of milk and add to the rest. Add two and one-half cups of flour. Beat well, let rise until light. Add butter, eggs, salt, sugar, and flour to make a dough as soft as can be handled (about three cups), and let rise until double in bulk. Cut off pieces of dough and shape in large flat biscuits (four inches in diameter and one-third inch thick). Let rise on well-floured board until light. Have griddle heated, and, if not aluminum, greased. Remove muffins to griddle with broad spatula. Cook rather slowly until browned on one side, then turn and brown the other side. Tear apart, toast, and spread with melted butter.

JELLY BUNS

1 yeast cake	3 tablespoons butter
1 tablespoon sugar	½ cup sugar
1¼ cups milk, scalded and cooled	1 egg
4½ cups sifted flour	1 teaspoon salt ¼ teaspoon nutmeg

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-half cups of flour, and beat well. Cover and set aside until light, about three-quarters of an hour. Add to sponge creamed butter and sugar, lightly beaten egg, salt, nutmeg, and remainder of flour to make soft dough. Let rise two hours. Roll to one-third inch thickness, cut with cooky-cutter, stretch the dough, put one teaspoon jelly on each piece, wet edges and squeeze tightly together. Cover and let rise again forty-five minutes. Drop in deep fat and cook on each side. Drain on brown paper.
Time in cooking, 3 minutes each. Temperature of fat, 380°.

PARKER HOUSE ROLLS

3 tablespoons butter	1 yeast cake dissolved in
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
2 teaspoons salt	Flour
2 cups scalded milk	

Add butter, sugar, and salt to milk. When lukewarm add dissolved yeast cake and three cups of flour. Beat thoroughly and let rise until light, then cut down and add enough flour to knead. Let rise, knead, pat and roll out to one-third inch thickness. Shape with a biscuit cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one half of each piece with melted butter, fold and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in a hot oven.

Time in oven, 20 minutes. Temperature, 400°.

SALAD ROLLS

2 tablespoons sugar	1 yeast cake
1½ teaspoons salt	$\frac{1}{4}$ cup lukewarm water
4 tablespoons shortening	About 6 cups flour
2 cups scalded milk	

Add sugar, salt, and shortening to hot milk. Cool to lukewarm. Add yeast dissolved in lukewarm water, and three cups of flour. Let rise until full of bubbles. Add enough flour to make a dough that can be handled (two and one-half to three cups). Knead until smooth and elastic. Let rise until double in bulk. Knead again, roll one-half inch thick, cut in strips about five inches long and roll between the hands. Place close together in a baking pan, with a little butter between. Let rise double in bulk and bake in a hot oven.

Time in oven, 20 minutes. Temperature, 400°.

SPICE BUNS

1 quart bread dough	2 tablespoons, each, grated
$\frac{1}{2}$ cup brown sugar	orange and lemon rind
1 teaspoon allspice	Flour to knead
3 tablespoons butter or lard	Egg
$\frac{1}{2}$ teaspoon grated nutmeg	Cinnamon

Mix into dough all the ingredients except egg and cinnamon and mold into buns. Let rise until light, brush with egg and sprinkle with cinnamon. Bake a rich brown in a moderately hot oven.

Time in oven, 35 minutes. Temperature, 375°.

TOAST

CHERRY TOAST

1 egg	2 cups canned red cherries and juice
½ cup milk	2 tablespoons flour
16 slices bread	1 tablespoon butter

Beat egg slightly and add milk. Dip slices of bread in mixture and brown on both sides on a hot greased griddle. Heat cherries, add flour mixed to a paste with a little cold water and cook until thickened. Add butter and pour over the toast.

CINNAMON TOAST

Toast slices of bread on both sides. Spread liberally with butter and sprinkle with a mixture of three parts of sugar and one of cinnamon. Put in oven to melt butter. Honey or brown sugar may be used in place of granulated sugar.

FRENCH TOAST

2 eggs	¼ teaspoon salt
1 cup milk	6 slices bread
2 teaspoons sugar	

Beat eggs slightly. Add milk, sugar, and salt. Dip bread in the mixture and sauté on both sides until delicately browned. Serve immediately with syrup, jam, or marmalade.

BAKED FRENCH TOAST

3 cups milk	6 slices stale bread, cut rather thick
2 eggs	
½ teaspoon salt	

Beat milk, eggs, and salt together. Dip each slice of bread in mixture and place in a greased baking dish. Pour the remaining custard mixture over the bread. Bake in a moderate oven until lightly browned on top. Dot with bits of butter and serve hot.

MAPLE TOAST

Toast bread to a light golden brown. Spread with soft maple sugar. Return to the oven for a few moments until the sugar melts. Serve with a rosette of blanched almonds in the centre of each slice or with a spoonful of whipped cream.

QUICK BREADS

The chief difference between quick breads and yeast breads is in the leavening agent. Quick breads are made light by a gas liberated through the chemical action of an acid on an alkali, or by the incorporation of air into the batter or dough. The action of these forms of leavening is much more rapid than that of yeast, making it possible to prepare the breads very quickly and easily.

Baking powder is the leavening agent most commonly used in quick breads. It is a combination of sodium bicarbonate (ordinary baking soda) and some form of acid, with a filler of starch to prevent the ingredients from absorbing moisture and acting on each other during storage in the can.

There are three types of baking powder — cream of tartar, phosphate, and alum. The name is derived in each case from the acid used in the powder. Much has been said against each variety but in the quantities in which they are used there is no possible harm in any one of them. Choice should be made according to price and action. Cream of tartar powders are less readily soluble than the others and so contain less filler. Phosphate powders act rapidly. With the alum powders the action is slower and so gas is developed more continuously.

It is possible for the housekeeper to make her own baking powder by mixing two parts of cream of tartar with one of soda, but it is not advisable except as an emergency measure. The commercially prepared products are combined with laboratory precision and are far more dependable.

All cooks are familiar with the use of soda with sour milk or molasses for leavening purposes. The principle is the same as that of baking powder, that is the action of soda and an acid to produce a gas. It is impossible to be absolutely accurate in the use of this form of measuring, because the degree of acidity in sour milk and molasses is variable. The general rule is to use half a teaspoonful to each cup of molasses.

When air is used as a leavening agent it is incorporated into the mixture by beating the batter directly, or by adding eggs which have already been beaten.

The proportion of liquid to flour in quick breads depends chiefly upon the method of baking.

For breads which are baked in loaves, and for biscuits that must retain their shape in baking, a soft dough is used. This is a mixture containing approximately three cups of flour to one of liquid.

A thick batter—a mixture containing from one and a half to two and a half cups of flour to every cup of liquid—is used for muffins and drop biscuits.

Hot breads which are cooked in thin sheets like griddle cakes and waffles require a thin batter, made with practically equal parts of liquid and flour. Popovers, also, are made with a thin batter.

Slight variations will have to be made in these general proportions, depending upon the other ingredients used. A batter or dough containing sugar, shortening, nuts, or fruit requires more flour than one less rich. Differences in the thickening powers of flour must also be considered.

GRAHAM BREAD NO. 1

1 cup sour milk	1 teaspoon salt
$\frac{1}{4}$ cup molasses	3 cups graham flour
1 teaspoon grated chocolate	$\frac{3}{4}$ teaspoon soda

Add sour milk to molasses. Add chocolate, salt, and enough graham flour mixed with soda, to make a soft dough. Put into a small greased loaf tin and bake in a moderate oven. Time in oven, 1 hour. Temperature, 325°.

GRAHAM BREAD NO. 2

2 cups graham flour	1 egg
$\frac{1}{2}$ cup white flour	2 tablespoons molasses
$\frac{1}{4}$ cup sugar	1 cup sour milk
$\frac{3}{4}$ teaspoon soda	1 tablespoon shortening

Mix dry ingredients. Mix moist ingredients and combine mixtures. Put into greased pan and bake in a moderate oven. Time in oven, 40 minutes. Temperature, 350°, reduced last 10 minutes.

NUT BREAD NO. 1

4 cups flour	1 egg
8 teaspoons baking powder	$1\frac{3}{4}$ cups milk
1 teaspoon salt	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup sugar	1 cup chopped nuts

Sift dry ingredients, add egg well beaten, and milk to make soft dough like biscuit dough. Add raisins and nuts sprinkled with flour. Turn into well-greased round tins. Let rise fifteen minutes and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°.

NUT BREAD NO. 2

$\frac{1}{2}$ cup whole wheat meal	$\frac{2}{3}$ teaspoon salt
1 $\frac{1}{2}$ cups corn meal	1 cup chopped nut meats
$\frac{1}{2}$ cup flour	1 cup milk
3 $\frac{1}{2}$ teaspoons baking powder	1 cup water
3 tablespoons sugar	2 teaspoons melted butter

Mix all of the dry ingredients thoroughly. Add milk, water, melted butter, and mix well. Pour batter into well-greased one pound baking powder cans and bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350 degrees.

PECAN NUT BREAD

$\frac{1}{2}$ cup corn meal	2 cups sweet milk
1 $\frac{1}{2}$ cups white bread flour	$\frac{1}{2}$ cup brown sugar
1 $\frac{3}{4}$ cup graham flour	$\frac{1}{4}$ cup molasses
3 teaspoons baking powder	1 cup chopped pecan meats
$\frac{1}{2}$ teaspoon salt	

Combine the flours and add baking powder and salt. Then sift. Add other ingredients to flour, beat well. Pour into a loaf tin, and bake in a moderate oven. A half cup of chopped dates or raisins may be added to this bread if desired.

Time in oven, 1 hour. Temperature, 350°

SPOON BREAD NO. 1.

$\frac{1}{4}$ cup granulated yellow or white corn meal	1 teaspoon butter
2 cups milk	1 teaspoon salt
2 eggs	1 teaspoon sugar

Add corn meal to cold milk in double boiler; cook until mixture thickens. Beat yolks separately and add to hot mush with butter, salt, and sugar. Beat whites and fold in lightly and bake in pudding-dish. This may be served as a hot bread or as a dessert. If served as a dessert add one-half cup dried fruit, and one-half teaspoon cinnamon. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°.

SPOON BREAD NO. 2.

2 cups cold water	1 cup milk
1 cup white or yellow corn meal	2 teaspoons salt
1 cup cooked rice	1 tablespoon shortening 2 eggs

Put the water into a saucepan, sprinkle meal into it, and bring to boiling-point. Cook four or five minutes, stirring constantly. Add rice, milk, salt, and shortening to the mush, and mix thoroughly. Cool until lukewarm, and add well-beaten eggs, and turn into a greased baking dish. Bake in a moderate oven until a knife comes out clean. Serve from the same dish with a spoon. It may be eaten with the main course in the place of bread, or with milk for luncheon. Time in oven, 30 minutes. Temperature, 325°.

CALIFORNIA SPOON BREAD

2 cups milk	1 cup corn meal
2 eggs (beaten)	2 cups boiled rice
1 quart boiling water	8 long or 16 short slices of
1 teaspoon salt	bacon

Scald the milk in double boiler and pour it on the beaten eggs. Return to boiler and cook until it coats the spoon. To the boiling water add salt. Stir in corn meal and cook five minutes. Put the custard in buttered baking dish (glass if possible) then add alternately spoonfuls of mush and rice until baking dish is full. Arrange the bacon across the top of the dish. If the slices are long they will cross in the center. If they are short they can radiate from center. Bake in a moderate oven.

Time in oven, 40 minutes. Temperature, 350°.

POTATO SPOON BREAD

$\frac{3}{4}$ cup corn meal	$\frac{3}{4}$ cup milk
2 teaspoons salt	$\frac{3}{4}$ cup mashed potatoes
1 $\frac{1}{2}$ cups water	1 tablespoon shortening
2 eggs	

Mix the corn meal, salt and water, and boil five minutes. Beat eggs slightly, add milk, mashed potatoes, and shortening. Combine with mush mixture. Beat well and bake in a greased baking dish in a moderate oven. Serve from the same dish with a spoon.

Time in oven, 40 minutes. Temperature, 325°.

BISCUITS AND ROLLS

BAKING POWDER BISCUITS

2 cups flour (bread)	2 tablespoons shortening
4 teaspoons baking powder	About $\frac{3}{4}$ cup of milk and
$\frac{1}{2}$ teaspoon salt	water, half and half

Mix and sift dry ingredients, work in shortening, add liquid gradually, making a dough as soft as can be handled. Turn on to a floured board, pat and roll to about one-half inch in thickness, cut, place in a pan, and bake in a hot oven. Time in oven, 15 minutes. Temperature, 450°.

CORN MEAL BISCUITS

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup corn meal	2 tablespoons sugar
1 tablespoon butter	$\frac{1}{2}$ cup milk
3 teaspoons baking powder	

Combine all ingredients but the milk. Then add the milk, using enough to make a soft dough. Toss on board lightly, roll and cut in rounds. Brush with melted butter and fold over like Parker House Rolls. Bake in a hot oven.

Time in oven, 30 minutes. Temperature, 400°.

MAPLE BISCUIT

2 cups flour	2 tablespoons shortening
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	Maple sugar

Sift dry ingredients together, cut or rub in shortening, add milk gradually to make soft dough that can be handled.

Roll out to one-half inch thickness, and cut in rounds. Brush half of them generously with softened butter, spread thickly with finely grated maple sugar and put together in pairs. Place in greased pan, and bake in hot oven.

Time in oven, 20 minutes. Temperature, 450°.

QUICK PARKER HOUSE ROLLS

2 cups flour	1 tablespoon sugar
4 teaspoons baking powder	2 tablespoons shortening
½ teaspoon salt	¾ cup milk

Mix and sift flour with baking powder, salt and sugar. Work in shortening, and mix to a soft dough with the milk. Roll out on a floured board to one-third inch in thickness. Cut in rounds and spread with melted butter. Fold one half over on to the other half and bake in a hot oven.

Time in oven, 15 minutes. Temperature, 450°.

POTATO ROLLS

2 cups flour	3½ teaspoons baking powder
½ teaspoon salt	½ cup boiled potato, mashed
2 teaspoons sugar	½ cup milk

Mix and sift dry ingredients, rub in potato and add milk to make a soft dough. Divide into small pieces, knead each piece well, and shape into rolls. Place on greased baking sheet and brush with melted butter. Let stand in a warm place fifteen minutes. Bake in a quick oven. When nearly done brush again with butter.

Time in oven, 15 minutes. Temperature, 400°.

SCOTCH OAT CAKE

1½ cups steel-cut oatmeal	1 teaspoon baking powder
1 teaspoon salt	1 tablespoon butter
1 teaspoon sugar	½ cup warm water

Mix dry ingredients, melt butter in warm water and add to the mixture. Oats must be freshly cut or a bitter taste will make the cakes disagreeable. Knead dough until firm, add-

ing more oatmeal if necessary. Divide dough into twelve parts, knead and roll each bit of dough into a thin round cake. Lay cake on hot griddle and cook until edges begin to curl. Lift carefully and brown in a moderate oven until crisp.

Time in oven, 30 minutes. Temperature, 350°.

SODA BISCUIT (a Southern Recipe)

1 pint flour	1 teaspoon baking powder
1 teaspoon salt	1 tablespoon lard
½ teaspoon soda	1 cup buttermilk

Sift flour, salt, soda, and baking powder together. Mix in lard thoroughly, then add buttermilk. Roll out on floured board, cut with biscuit-cutter and bake in hot oven. Handle as little as possible.

Time in oven, 15 minutes. Temperature, 400°.

SOUR MILK BISCUITS

2 cups flour (bread)	2 tablespoons shortening
1 teaspoon baking powder	About $\frac{1}{8}$ cup sour milk
½ teaspoon soda	(thick)
½ teaspoon salt	

Mix and sift dry ingredients and work in shortening. Add liquid gradually, making a dough as soft as can be handled. Turn on to a floured board, pat and roll to about one-half inch in thickness, cut, place in a greased pan, and bake in a hot oven.

Time in oven, 15 minutes. Temperature, 450°.

SQUASH BISCUITS

2 cups sifted flour	2 tablespoons butter
3½ teaspoons baking powder	1½ tablespoons lard
1 teaspoon sugar	1½ cups cooked strained squash
1 teaspoon salt	½ cup milk

Mix dry ingredients. Rub in shortening, add squash, and milk. Pat and roll lightly on floured board. Shape with biscuit cutter and place in greased pan. Bake in a hot oven. Time in oven, 15 minutes. Temperature, 400°.

BROWN BREADS

STEAMED BROWN BREAD NO. 1.

2 cups whole wheat meal	5 tablespoons baking powder
1 cup corn meal	2 cups milk
1 cup rye meal	4 tablespoons honey
1 teaspoon salt	Currants

Mix dry ingredients. Add milk and honey and currants if desired and beat well. Steam in molds and finish in oven. Time in steaming, 3 hours. Time in oven, 20 minutes. Temperature, 325°.

STEAMED BROWN BREAD NO. 2.

1 cup corn meal	1 cup rolled oats
2 tablespoons shortening	1½ cups hot water
1 teaspoon soda	½ cup molasses
1 teaspoon salt	1 cup white or rye flour

Mix dry ingredients all together except the rolled oats, and sift. Add the boiling water to oats, also the molasses and shortening. Combine mixtures and beat thoroughly. Pour into a well-greased mold, having it only one-half full. Cook in steamer 3 hours.

COLONY BROWN BREAD

2 cups corn meal	1 cup molasses
2 cups rye meal	1 cup sour milk
2 teaspoons salt	1 cup water
1½ teaspoons soda	

Mix ingredients in order given. Steam in a closely covered greased tin, then remove cover and bake in a moderate oven. Time in steaming, 3 hours. Time in oven, 30 minutes. Temperature, 325°.

RAISIN BROWN BREAD

3 cups yellow corn meal	1 cup molasses
1½ cups graham flour	½ cup hot water
1½ cups white flour	3 cups sour milk
2½ teaspoons soda	1½ cups raisins
1 teaspoon salt	

Mix dry ingredients. Add molasses, hot water, and sour milk. Add raisins last and beat well. Fill molds half full and steam 3 hours.

STEAMED GRAHAM BREAD

3 cups graham flour	1 teaspoon salt
1 cup white flour	$\frac{3}{4}$ cup molasses
2 teaspoons soda	2 $\frac{1}{2}$ cups sour milk

To dry ingredients mixed and sifted, add molasses and milk. Turn into well greased mold. Fill not more than two-thirds full. Two and one-half cups sweet milk and four teaspoons of baking powder may be used instead of soda and sour milk. A cup of seedless raisins is an improvement. Time in steaming, 3 hours.

STEAMED HOT BREAD

1 cup corn meal	1 teaspoon soda
$\frac{1}{2}$ cup rye meal	1 cup milk
$\frac{1}{2}$ cup white flour	3 tablespoons molasses
2 tablespoons sugar	1 teaspoon melted butter
$\frac{1}{2}$ teaspoon salt	

Mix together dry ingredients. Add the milk, molasses, and melted butter. Beat thoroughly. Steam in well greased molds and then bake in a moderate oven.

Time in steaming, 2 $\frac{1}{2}$ hours. Time in oven, 15 minutes. Temperature, 300°.

CRULLERS, DOUGHNUTS AND FRITTERS

Facts to Remember

The products of deep fat frying have a reputation for indigestibility which is deserved only when there is something wrong with the procedure. One difficulty is that under certain conditions foods absorb more fat in frying than can be easily taken care of by the digestion, and another, that at a certain temperature, differing with each kind of fat, a change takes place which develops an indigestible product called acreolin. This is recognizable by its acrid odor. Fat should never be used after it has reached this point.

The temperature of the fat is of utmost importance in frying. If it is not hot enough the food absorbs fat; if too hot the outside browns before the inner part is thoroughly cooked. A thermometer is essential for the inexperienced cook in controlling the temperature, and is advisable in any case.

Next to the frying temperature, experience in handling the dough is the most important point in successful doughnut making.

Dough which has been chilled can be more easily handled and absorbs less fat than the same dough at room temperature.

In putting doughnuts into the fat, have the part which has been next to the molding board uppermost.

Only a few doughnuts or fritters should be fried at one time, because the cold dough cools the fat rapidly.

Fried foods should be drained on absorbent paper.

There is no marked difference in the amount of absorption power for the various fats and oils in common use,

CRULLERS

1 cup sugar	3 cups flour
1 tablespoon butter	3 teaspoons baking powder
3 egg yolks	1 teaspoon salt
1 cup hot mashed potato	1 teaspoon vanilla
½ cup milk	

Add sugar, butter, and egg yolks to hot mashed potato, beat until light and smooth. Add milk, flour, baking-powder, salt, and vanilla. The dough should be as soft as can be handled. Cut in strips and twist for crullers. Fry in deep fat. Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 30.

FRUIT CRULLERS

2 tablespoons shortening	4 cups flour
1 cup sugar	4 teaspoons baking powder
2 eggs	1 teaspoon salt
1 cup milk	Marmalade

Cream shortening and sugar, add well beaten eggs, milk, and sifted dry ingredients. Roll out to one-quarter inch thickness and cut with circular cutter. Place a tablespoon of marmalade on each half, wet edges, fold over and press together. Fry in deep fat.

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

DOUGHNUTS

2 eggs	1 teaspoon salt
1 cup sugar	1 cup milk
4 to 5 cups flour	1 teaspoon vanilla
4 teaspoons baking powder	1 tablespoon butter

Beat eggs very light, continue beating while adding the sugar. Mix and sift two cups of the flour with the other dry ingredients. Add milk alternately with the sifted flour. Add the flavoring, melted butter, and beat hard. Add more flour to make a dough as soft as can be handled. Roll, cut out and fry in deep fat.

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

CHOCOLATE DOUGHNUTS

1 egg	3 teaspoons baking powder
1 cup sugar	5½ cups flour
⅓ cup cocoa or 2 squares grated chocolate melted with 1 teaspoon butter	Pinch salt
	1 cup milk

Beat egg. Add sugar and stir thoroughly. Add cocoa or chocolate. Sift baking powder and salt into a little flour and add alternately with milk. Stir in enough flour to make a stiff dough, stiff enough to roll out, using about five cups. Cut, and fry in deep fat. A delightful change from the ordinary plain doughnuts.

Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 36.

EGGLESS DOUGHNUTS

$\frac{3}{4}$ cup sugar	2 teaspoons baking powder
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter	$\frac{1}{4}$ teaspoon spice
$\frac{1}{2}$ cup hot mashed potato	$\frac{1}{2}$ teaspoon lemon extract
Flour	

Add sugar, milk, and butter to hot potato and stir in enough flour mixed and sifted with other dry ingredients, to make a soft dough. Roll, cut, and fry in deep fat.

Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 36.

FRITTERS

FRITTER BATTER

1 cup flour	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ teaspoon salt	2 eggs

Mix flour and salt. Add milk gradually, and eggs well beaten. This may be used as a foundation for all fritters.

One tablespoon sugar should be added if fruits are used.

BANANA FRITTERS

3 bananas	1 teaspoon brown sugar
1 egg	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup flour	

Peel bananas, which should be very ripe, and press through a sieve. Make a batter of egg, flour, sugar and cinnamon, add banana, beat well. Drop by spoonfuls into hot fat. Fry on both sides until brown. Eat hot with fine sugar.
Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 8.

PINEAPPLE FRITTERS

1 $\frac{1}{2}$ cups flour	1 egg
1 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ tablespoon cooking oil
2 tablespoons sugar	$\frac{1}{2}$ cup grated pineapple
$\frac{1}{4}$ teaspoon salt	(drained)
6 tablespoons milk	

Mix and sift dry ingredients, add milk gradually, egg well beaten, shortening, and pineapple. Drop by spoonfuls into hot fat. Cook until well browned and drain on absorbent paper. Serve with syrup made by boiling one cup pineapple juice, two tablespoons lemon juice, and one-half cup sugar until thick.

Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 18.

STRAWBERRY FRITTERS

$\frac{1}{2}$ cup flour	2 tablespoons milk
$\frac{1}{2}$ teaspoon baking powder	2 teaspoons butter
$\frac{1}{8}$ teaspoon salt	12 large strawberries
1 egg	

Sift dry ingredients, add egg beaten very light, milk, and lastly melted butter. Drop berries in batter, coat well, and using a large spoon drop into hot fat. Serve with sugar.

Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 12.

GRIDDLE CAKES, MUFFINS AND WAFFLES

Facts to Remember

The pancake griddle should be just hot enough to allow drops of cold water sprinkled on its surface to keep their shape for a few seconds. If the drops spread out on the griddle the temperature is too low. If they break up and evaporate immediately the temperature is too high. When a griddle thermometer is used it should register 225 degrees F.

A waffle iron is tested for temperature in the same way as a pancake griddle. Waffle molds should be thoroughly heated on both sides before the batter is poured in. Iron molds must be greased before each waffle is cooked. Aluminum molds do not require greasing.

It is convenient to pour pancake and waffle batter from a pitcher.

Pans of a heavy material are best for baking popovers. They may be of iron, earthen-ware, or glass. The pans should be heated before using.

Stale muffins may be freshened very satisfactorily by dipping quickly in hot water and putting in a hot oven for a few minutes, or they may be split and toasted.

GRIDDLE CAKES

BUCKWHEAT GRIDDLE CAKES

2 cups scalded milk	½ cup lukewarm water
½ cup fine bread crumbs	1 ¾ cups buckwheat flour
½ teaspoon salt	1 tablespoon molasses
¼ yeast cake	¼ teaspoon soda

Pour milk over crumbs, and soak thirty minutes, add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise overnight; in the morning, stir well, add molasses, one-quarter teaspoon soda dissolved in one-quarter cup lukewarm water, and cook on a hot griddle. Save one-half cup batter to raise another mixing, instead of using yeast cake.

CORN GRIDDLE CAKES

1½ cups boiling water	4 teaspoons baking powder
½ cup corn meal	1½ teaspoons salt
1¼ cups milk	¼ cup sugar
1 egg	2 tablespoons melted shortening or cooking oil
2 cups flour	

Have water boiling in saucepan, add corn meal slowly, stirring vigorously until thickened. Turn into bowl and add milk and egg, remaining dry ingredients mixed and sifted, and shortening. Cook on a hot griddle.

ENTIRE WHEAT GRIDDLE CAKES

½ cup entire wheat	3 tablespoons sugar
1 cup flour	1 egg
3 teaspoons baking powder	1¼ cups milk
½ teaspoon salt	1 tablespoon melted butter

Mix dry ingredients. Beat egg slightly, add milk and melted butter. Combine mixtures and bake on hot griddle.

For graham griddle cakes, use one-half cup graham flour instead of whole wheat in above recipe.

RICE GRIDDLE CAKES

2 cups boiled rice	1½ teaspoon baking powder
2 cups flour	2 egg yolks
½ teaspoon salt	2 cups milk
1 teaspoon sugar	2 egg whites

Put boiled rice through a sieve. Sift dry ingredients, add rice, beaten egg yolks and milk. Beat well and fold in last the stiffly beaten egg whites. Cook on a hot griddle.

SOUR MILK GRIDDLE CAKES

1 cup flour	1 tablespoon sugar
½ teaspoon soda	1¼ cups thick sour milk
½ teaspoon salt	

Mix and sift dry ingredients. Add the milk and thoroughly mix. Cook on hot griddle.

SWEET MILK GRIDDLE CAKES

1 cup flour	1 egg, separated
1½ teaspoons baking powder	1 cup milk
½ teaspoon salt	2 teaspoons melted butter
1 tablespoon sugar	

Mix and sift dry ingredients. Add egg yolk well beaten, milk, and melted butter. Fold in beaten egg whites. Cook on hot griddle.

MUFFINS

APPLE GEMS

1 cup cornmeal	5 teaspoons baking powder
1½ cups flour	2 tablespoons molasses
½ teaspoon salt	1 cup milk
2 tablespoons sugar	4 sour apples

Sift dry ingredients, add molasses and milk and beat until smooth. Peel and chop apples, adding them to batter. Put into muffin-tins and bake in a moderately hot oven.

Time in oven, 25 minutes. Temperature, 375°. Servings, 12.

BERRY GRIDDLE MUFFINS

2 cups flour	2 tablespoons shortening
3 teaspoons baking powder	½ cup milk
2 tablespoons sugar	¾ cup berries
½ teaspoon salt	

Sift dry ingredients, rub in shortening and add milk to make a soft batter. Add the berries and drop in muffin rings and bake on a hot griddle. Without the berries these are like baking powder biscuit.

Time in cooking, 20 minutes. Servings, 18.

BRAN MUFFINS

1 cup flour	1¼ cups milk
1 teaspoon salt	½ cup molasses
1 teaspoon soda	1 egg
2 cups bran	

Mix and sift flour, salt and soda. Add bran, milk, molasses, and egg well beaten. Bake in greased muffin tins in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 12.

DATE BRAN MUFFINS

1 cup flour	2 cups bran
3 teaspoons baking powder	1 egg
1 teaspoon salt	1½ cups milk
1 tablespoon sugar	½ cup dates

Sift flour, baking powder, salt, and sugar. Mix with bran into which the beaten egg has been stirred. Add the milk and beat thoroughly, then add dates cut into small pieces. Bake in moderate oven.

Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

CHEESE MUFFINS

1½ cups whole wheat meal	2 tablespoons sugar
½ cup white flour	3 teaspoons baking powder
½ cup grated cheese	1¼ cups milk
½ teaspoon salt	

Mix well in order given and bake in well-greased muffin pans in a moderate oven.

Time in oven, 35 minutes. Temperature, 350°. Servings, 10.

CORN BREAD

1 cup molasses	2 cups white flour
1 cup sour milk	1 teaspoon soda
2 cups corn meal	1 teaspoon salt

Warm molasses, add sour milk and sifted dry ingredients, mix thoroughly. Bake in a deep dripping pan in a hot oven. Cut into squares while warm and serve.

Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

CORN BREAD OR MUFFINS

1 cup yellow meal	2 tablespoons corn syrup
1 cup sifted wheat flour	1 cup milk
1 teaspoon salt	1 tablespoon shortening
6 teaspoons baking powder	(melted)

Sift together dry ingredients, add syrup, milk, and shortening. If sugar is used in place of syrup, add two tablespoons extra milk or water. Bake in a shallow pan or in muffins in a hot oven. One egg may be added by omitting one teaspoon baking powder.

Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

SPIDER CORN CAKE

1 tablespoon shortening	1 teaspoon salt
2 eggs (well beaten)	2 cups sour milk
1½ cups corn meal	1 cup sweet milk
1 teaspoon soda	

Melt shortening in spider. Mix all the rest of the ingredients except sweet milk. Put the mixture into the spider, pour the milk over it and cook on stove one minute and then bake in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 375°. Servings, 8.

CORN MUFFINS ON GRIDDLE

1 egg	½ teaspoon salt
1 cup milk	1 cup flour
¼ cup sugar	1 cup yellow corn meal
2 tablespoons melted shortening	3 teaspoons baking powder

Beat egg and add milk, sugar, and shortening, then add sifted dry ingredients and beat well. Bake in muffin rings on a hot griddle, filling the rings half full.

Time in cooking, 25 minutes. Servings, 14.

EGGLESS CORN MUFFINS

1½ cups flour	2 tablespoons sugar
1½ cups yellow corn meal	1 teaspoon baking powder
½ teaspoon soda	1½ cups sour milk
½ teaspoon salt	1 tablespoon melted shortening

Sift dry ingredients, add milk and shortening. Beat thoroughly. Fill greased muffin rings half full and cook on a hot griddle.

Time in cooking, 25 minutes. Servings, 14.

VIRGINIA CORN MUFFINS

1 cup corn meal	1 egg
½ cup flour	½ cup milk
¼ cup sugar	2 tablespoons melted short-
5 teaspoons baking powder	ening or cooking oil
¾ teaspoon salt	

Mix and sift dry ingredients. Beat egg and add milk. Combine mixtures and add shortening. Bake in well greased muffin pans in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 375°. Servings, 16.

CRACKED WHEAT MUFFINS

½ cup fine cracked wheat	1 cup water
½ cup whole wheat meal	1 egg (beaten)
½ cup white flour	1 teaspoon soda
½ teaspoon salt	¼ cup molasses
1 tablespoon sugar	

Mix together all dry ingredients but soda. Add water and egg and stir well. Add soda to molasses and add to first mixture. Beat well before pouring batter in hot muffin pans. Bake in a moderately hot oven.

Time in oven, 35 minutes. Temperature, 375°. Servings, 8.

ENTIRE WHEAT EGGLESS MUFFINS

1 cup flour	4 teaspoons baking powder
1 cup entire wheat flour	1 cup milk
2 tablespoons sugar	¼ cup water
1 teaspoon salt	2 tablespoons shortening

Combine and sift dry ingredients then add liquids, shortening, and beat thoroughly. Bake in greased muffin-tins in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 375°. Servings, 12.

FRUIT MUFFINS

$\frac{2}{3}$ cup graham flour	$\frac{3}{4}$ cup fruit (dates, nuts, raisins)
1 cup entire wheat flour	3 tablespoons molasses
$\frac{1}{2}$ cup flour	1 cup sour milk
$\frac{1}{4}$ cup sugar	1 teaspoon mapleine
1 teaspoon salt	2 tablespoons melted shortening
2 teaspoons baking powder	
1 teaspoon soda	

Mix and sift dry ingredients. Add fruit cut rather fine, molasses, milk, and mapleine. Beat well, add melted shortening and bake in muffin tins in a moderately hot oven.

Time in oven, 40 minutes. Temperature, 375°. Servings, 14.

GRAHAM GEMS WITH BUTTERMILK

1 teaspoon soda	1 cup white flour
1 teaspoon salt	$\frac{1}{2}$ cup sugar
2 cups graham flour	2 cups buttermilk

Mix ingredients in order given. Beat well. Bake in gem pans in a moderately hot oven.

Time in oven, 25 minutes. Temperature, 375°. Servings, 8.

GRAHAM MUFFINS

1 cup graham flour	2 tablespoons melted shortening
1 cup white flour	
3 teaspoons baking powder	2 tablespoons molasses
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk

Mix dry ingredients and add shortening, molasses, and milk to make a rather soft batter. Beat well and bake in rings on a griddle, filling the rings half full.

Time in cooking, 25 minutes. Servings, 12.

JOHNNY CAKE

1 cup flour	$\frac{1}{2}$ cup sugar
1 cup corn meal	1 cup milk
3 teaspoons baking powder	3 tablespoons honey
1 teaspoon salt	3 tablespoons cooking oil
1 egg	

Sift flour, corn meal, baking powder, and salt together. Beat egg and add sugar. Warm the milk slightly and pour the honey into it. Stir together thoroughly, egg, sugar, and milk to which honey has been added. Add cooking oil and combine with the sifted dry ingredients. Bake in a hot oven. Time in oven, 20 minutes. Temperature, 400°. Servings, 7.

APPLE JOHNNY CAKE

2 cups corn meal	$\frac{1}{2}$ teaspoon soda
$\frac{3}{8}$ cup sugar	1 $\frac{1}{2}$ cups milk
$\frac{1}{4}$ teaspoon salt	2 $\frac{1}{2}$ cups chopped tart apples
1 teaspoon cream of tartar	

Mix and sift dry ingredients and add milk and apples. Beat well and turn into a well-greased shallow tin. Bake in a hot oven. If the apples are not very tart, less sugar will be needed.

Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

MOCK NUT MUFFINS

2 cups sour milk	$\frac{1}{2}$ cup corn meal
1 teaspoon soda	$\frac{1}{2}$ cup bran
1 teaspoon salt	$\frac{1}{2}$ cup flour
2 teaspoons baking powder	2 cups steel cut oatmeal
1 tablespoon sugar	2 tablespoons melted butter

Mix milk and soda thoroughly. Mix all dry ingredients and combine the two mixtures. Add melted butter and pour into greased muffin pans. Bake in a moderate oven.

Time in oven, 1 hour. Temperature, 350°. Servings, 12.

MUFFINS WITH EVAPORATED MILK

2 cups flour	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water
3 teaspoons baking powder	$\frac{1}{2}$ cup evaporated milk
2 tablespoons sugar	

Mix and sift dry ingredients. Beat egg until light, add water and evaporated milk, and beat again. Combine mixtures and beat hard for two minutes. Pour into muffin tins and bake in a moderately hot oven.

Time in oven, 25 minutes. Temperature, 375°. Servings, 8.

POPOVERS

1 cup flour	1 cup milk
$\frac{1}{4}$ teaspoon salt	1 egg

Sift together flour and salt. Add milk gradually, stirring until smooth. Drop in egg unbeaten and beat with a rotary egg beater until free from lumps. Pour into very hot, well-greased muffin pans or earthenware cups and bake until puffed and firm, starting with a hot oven and reducing the heat for the last part of the baking.

Time in oven, 45 minutes. Temperature, 450°, 25 minutes; 300°, 20 minutes. Servings, 6.

POTATO MUFFINS

4 tablespoons shortening	2 cups flour
2 tablespoons sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
1 cup mashed potato	1 cup milk

Cream the shortening and sugar, add the egg well beaten and then the potato. Mix thoroughly. Sift flour, baking-powder and salt and add alternately with milk to first mixture. Bake in muffin tins in a moderately hot oven. Time in oven, 25-30 minutes. Temperature, 375°. Servings, 10.

ROYAL GEMS

1 cup rye meal	$\frac{1}{2}$ teaspoon salt
1 cup whole wheat meal	1 tablespoon melted shortening
$\frac{1}{2}$ cup corn meal	
3 $\frac{1}{2}$ teaspoons baking powder	2 cups milk or water
1 tablespoon sugar	

Mix dry ingredients. Beat in melted shortening and liquid and bake in a moderately hot oven.

Time in oven, 25 minutes. Temperature, 375°. Servings, 16.

SALLY LUNN GRIDDLE MUFFINS

1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	2 cups bread flour
2 tablespoons melted butter or margarine	2 teaspoons baking powder
	1 cup milk

Beat eggs, add sugar, butter, sifted dry ingredients and milk. Beat well, and bake in muffin rings on a hot griddle.

Time in cooking, 20 minutes. Servings, 16.

SQUASH MUFFINS

1 cup milk	Pinch of ginger
3 tablespoons sugar	2 tablespoons melted shortening
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{2}$ cup cooked and sifted squash	2 $\frac{1}{2}$ cups flour
1 egg	3 teaspoons baking powder

Combine ingredients, using enough flour to make a soft batter. Sift the baking powder in the first cupful of flour. Bake on a hot griddle in rings.

Time in cooking, 30 minutes. Servings, 18.

WAFFLES

CHOCOLATE WAFFLES

$\frac{1}{2}$ cup cocoa	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup hot water	$\frac{1}{4}$ cup sugar
1 cup milk	2 tablespoons melted shortening
2 eggs	
2 cups flour	$\frac{1}{2}$ teaspoon vanilla
4 teaspoons baking powder	

Mix cocoa to a paste with the water and bring to boiling-point, stirring constantly. Add milk, eggs well beaten, and dry ingredients mixed and sifted. Add shortening and vanilla and beat well. Serve with chocolate sauce, marshmallow cream, or vanilla ice cream.

CORN WAFFLES

2 eggs	2 teaspoons sugar
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 cup grated corn	4 tablespoons melted butter
1 $\frac{3}{4}$ cups flour	or margarine
3 teaspoons baking powder	

Beat yolks of eggs until light, add milk and corn. Fresh grated corn or finely chopped canned corn may be used. Mix and sift dry ingredients and add to first mixture. Add shortening and fold in stiffly beaten egg whites.

PLAIN WAFFLES

2 eggs	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups milk	4 teaspoons baking powder
2 cups flour	4 teaspoons melted shortening
1 tablespoon sugar	

Beat eggs until very light. Add milk. Mix and sift dry ingredients and add to first mixture. Add shortening and beat well. The amount of flour necessary may vary slightly with different brands. The batter should be of a consistency

to pour well. (Instead of using sweet milk and baking powder in this recipe, the same amount of sour milk may be used by allowing one-half teaspoon of soda to a cup of milk).

RICE WAFFLES

2 eggs	3 teaspoons baking powder
1 1/4 cups milk	1/2 teaspoon salt
1 cup cooked rice	1 tablespoon sugar
1 1/2 cups flour	3 tablespoons melted butter

Beat eggs until very light. Add milk, rice, and dry ingredients which have been mixed and sifted. Add shortening and beat well.

SOUR CREAM WAFFLES

2 egg yolks	1/2 teaspoon salt
3/4 cup sour milk	1 tablespoon sugar
1/2 cup sour cream	1/2 teaspoon soda
1 1/2 cups flour	2 egg whites

Beat egg yolks well and add milk and cream. Mix and sift dry ingredients and add to first mixture. Fold in egg whites which have been beaten until stiff.

SOUTHERN WAFFLES

1 1/4 cups flour	1 egg
4 tablespoons corn meal	1 1/2 cups milk
1/2 teaspoon salt	3 tablespoons melted short-
1 tablespoon sugar	ening
4 teaspoons baking powder	

Mix and sift dry ingredients. Beat egg yolk until light, add milk, and mix with dry ingredients. Add shortening and beat well. Fold in stiffly beaten egg white.

CAKE, COOKIES AND GINGERBREAD

Facts to Remember about Cake Making

However wide the apparent variety there are only two kinds of cake; butter cakes, which contain fat of some kind, and sponge cakes, which are made without fat. Butter cakes usually depend upon a chemical leavening agent, while in sponge cakes air incorporated in beaten eggs supplies the leavening.

Variety in cakes is obtained by combining the ingredients in different proportions, by using different flavors and spices and by adding enriching ingredients like fruit and nuts. Raised cake, made with a foundation of bread dough, comes in the class of butter cakes.

Pastry flour, because of its large proportion of starch, makes lighter and more tender cake than does bread flour. For the very best results the flours milled especially for cake making, from wheat high in starch, are to be recommended.

Careful mixing is of the utmost importance in cake making. For example, one of the commonest faults in the mixing of butter cakes is insufficient creaming of the shortening and sugar. The shortening should be creamed until it is very soft, and the sugar added gradually. The whole mass should be kept light and fluffy. Eggs should be thoroughly beaten before adding, and the batter should be beaten after the flour is added. With sponge cakes, the egg yolks, flour, and sugar should be thoroughly blended to insure a fine texture. Egg whites should be folded in gently so that the air which they hold will be retained.

Divide the baking time for cake into quarters: (1) During the first quarter the cake should begin to rise, and at the end of that time the portion nearest the tin should be higher than the rest, and bubbles should show over the top. (2) During the second quarter the rising should continue, and the cake should appear slightly baked next to the tin, with bubbles still showing through the centre. (3) During the third quarter the baked appearance should extend over the top, and browning should take place. (4) During the last quarter the cake should finish browning and shrink from the tin. Opening the oven door and moving the cake gently is safe after the first half of the baking time is over.

The most common baking fault is too hot an oven. In too hot an oven the cake bakes (and sometimes burns) next the pan and over the

top, before the rising is complete. As a result the gas, which continues to expand, either humps the cake in the place where the heat is lowest, or makes a crack there through which the expanding batter can escape.

The oven temperature varies with the nature of the batter and the form in which it is baked. A very rich cake requires a slower oven than a simpler cake does. A cake containing molasses tends to burn easily, and therefore needs to be baked more slowly than a similar mixture made with white sugar. A loaf should be baked at a lower temperature than a thin sheet or individual cakes. Sponge and angel cake require a very moderate oven.

Variations of any plain cake recipe may be made in the following ways:

Add enriching ingredients to the recipe, chopped nuts, raisins, bits of candied fruit, separately or in combination. Berries and fresh fruits may also be used.

Use the vegetable colorings. In combination with a change of flavoring these are especially effective for "show cakes."

Variety in shape may be had by baking the cake in a high, narrow tin, in a broad shallow tin, in muffin tins (large and small), in layer cake-pans, and in well-greased jelly molds.

ANGEL FOOD CAKE

Pinch salt	1 cup sifted flour
1 cup egg whites	1 teaspoon cream of tartar
1½ cups fine granulated sugar	¼ teaspoon almond extract ½ teaspoon vanilla

Add salt to egg whites and beat until stiff and dry. Fold in sugar, then flour sifted several times with cream of tartar. Add flavorings and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 8.

APPLE SAUCE CAKE

1 cup sugar	½ teaspoon orange extract
½ cup shortening	½ teaspoon cinnamon extract
1½ cups flour	½ teaspoon nutmeg extract
1 cup warm apple sauce	1 cup raisins
1 teaspoon soda	

Cream the sugar and shortening together, add the flour and the warm apple sauce in which the soda has been dissolved; add the extracts, and the raisins which have been dredged in flour. Bake in a loaf in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 8.

BLACK AND WHITE CAKE

2 squares unsweetened chocolate	$\frac{1}{2}$ cup sugar
	1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup sour milk
$\frac{1}{2}$ cup sweet milk	$1\frac{1}{8}$ cups flour
1 egg yolk	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water, add one-half cup of sugar, and sweet milk gradually, then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the butter, add gradually one-half cup sugar, egg well beaten, sour milk, and flour mixed and sifted with soda. Combine mixtures and add vanilla. Bake in shallow cake pans in a moderate oven. Put boiled frosting between and on top.

Time in oven, 30 minutes. Temperature, 350°. Servings 8.

BLITZ KUCHEN

1 cup sugar	$\frac{1}{2}$ cup butter or margarine
2 teaspoons baking powder	2 eggs
$1\frac{1}{2}$ cups flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	4 tablespoons crushed nuts

Sift sugar, baking powder, flour, and salt into a bowl. Add butter or margarine and rub into dry ingredients. Add beaten eggs and milk, and if necessary more flour to make a rather stiff batter. Spread about one inch deep in greased pans. Sprinkle top with sugar and crushed nuts. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

BREAD CAKE

1 egg	1 cup raisins
1 cup sugar	$\frac{1}{2}$ teaspoon nutmeg
$\frac{3}{4}$ lb. bread dough	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup melted fat	$\frac{1}{2}$ teaspoon soda

Beat egg, add sugar, and knead into the bread dough. Add rest of ingredients and put into a greased loaf tin. Bake at once in a slow oven.

Time in oven, 1 hour, 15 minutes. Temperature, 300-325°. Servings, 8.

BRIDE'S CAKE

$\frac{2}{3}$ cup butter or margarine	$1\frac{1}{2}$ tablespoons lemon juice or vinegar
2 cups flour	
$\frac{1}{2}$ teaspoon soda	6 egg whites
	1 $\frac{1}{4}$ cups powdered sugar

Cream butter, add gradually one and one-third cups flour sifted with soda, then add lemon juice. Beat egg whites until stiff and add powdered sugar gradually, while beating constantly. Combine mixtures, then fold in remaining flour. Bake in two round molds, one smaller than the other. Put together with frosting between and smaller cake on top. Press into cake a coin, ring, thimble and button.

For ornamental frosting use Palm Beach Frosting (see page 196) before chocolate or fruit have been added to it. Put it on with a pastry-bag.

Time in oven, 50 minutes. Temperature, 325°. Servings, 12.

PLAIN BUTTER CAKE

$\frac{1}{4}$ cup butter or margarine	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup milk	

Cream butter, add sugar gradually, and egg well beaten. Add milk alternately with flour and baking powder, which have been mixed and sifted. Add vanilla and beat thoroughly. Bake in a loaf in a moderate oven.

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

CHOCOLATE CAKE NO. 1

2 cups sugar	1 teaspoon salt
2 tablespoons butter or margarine	2 teaspoons soda
2 egg yolks	4 cups flour
1 $\frac{1}{2}$ cups buttermilk or rich sour milk	4 squares chocolate
	$\frac{1}{2}$ cup boiling water
	2 teaspoons vanilla

Cream sugar and shortening. Beat egg yolks and add with milk and sifted salt, soda and flour. Beat well, then add

chocolate dissolved in boiling water and cooled. Add flavoring. Bake in a moderate oven in layers or cup cakes. Time in oven, 30 minutes. Temperature, 350°. Servings, 20.

CHOCOLATE CAKE NO. 2

1 cup butter	1 cup milk
2 cups sugar	3 cups flour
4 squares chocolate	4 teaspoons baking powder
4 eggs	1 teaspoon vanilla

Cream the butter, add the sugar gradually and mix thoroughly, partly dissolving the sugar. Melt the chocolate over hot water, and add it to the creamed butter mixture. Add the beaten egg yolks; then the milk and flour alternately. The baking powder should be sifted with the last cupful of flour. Add the flavoring, and then fold in the beaten whites of eggs. Bake in layers in a moderate oven. For the filling and frosting use Quick Icing (see page 197).

Time in oven, 30 minutes. Temperature, 350°. Servings, 10.

EGGLESS CHOCOLATE CAKE

½ cup butter or cooking oil	1 teaspoon baking powder
1½ cups brown sugar	½ teaspoon salt
½ cup cocoa	1 cup buttermilk or sour milk
1 cup hot water	
1 teaspoon soda	1 teaspoon vanilla
2 cups flour	

Cream butter and sugar, add cocoa mixed with one-half of water, and soda in other half. Add flour with baking powder and salt. Lastly, beat in sour milk and vanilla. Bake in layers in a moderate oven. Use Chocolate Filling (see page 197.)

Time in oven, 30 minutes. Temperature, 350°. Servings, 10.

CHOCOLATE AND MOCHA CAKE

½ cup butter	2 cups flour
1½ cups sugar	1 teaspoon vanilla
2 eggs	2 squares chocolate
½ cup sour milk	½ cup boiling water
½ teaspoon soda	

Cream butter and sugar. Add beaten eggs, milk, flour mixed and sifted with the soda. Add vanilla then the chocolate, melted, to which hot water has been added. Bake in layer tins in a moderate oven. Use Mocha Filling and Icing. (see page 201).

Time in oven, 30 minutes. Temperature, 350°. Servings, 12.

CHOCOLATE POTATO CAKE

$\frac{1}{2}$ cup shortening	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs, slightly beaten	$\frac{3}{8}$ cup milk
$\frac{3}{4}$ cup mashed potato	$\frac{1}{2}$ cup grated chocolate (melted
1 cup flour	over hot water)

Cream shortening and sugar. Add eggs and potato. Add the flour, mixed with the baking powder and salt, alternately with the milk. Add the chocolate last. Bake in layers or muffin-tins in a moderate oven.

Time in oven, 20 minutes. Temperature, 350°. Servings, 12.

DATE LOAF CAKE

1 pound dates (after ston- ing)	2 teaspoons baking powder
1 pound English walnut meats	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 cup sugar

4 eggs

1 teaspoon vanilla

Have dates and nut meats as whole as possible. Sift over them flour, baking powder, salt, which have been sifted together first, then sifted again with the sugar. Beat in egg yolks and fold in whites beaten stiff. Add flavoring and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 15.

DELICIOUS CAKE

1 cup butter	1 cup water
2 cups sugar	1 teaspoon vanilla
4 eggs	1 cup raisins, chopped fine
$3\frac{1}{2}$ cups sifted flour	1 cup walnut meats
3 teaspoons baking powder	1 cup citron, sliced thin

Cream butter and sugar. Add egg yolks and beat until creamy. Sift flour and baking-powder together and add alternately with water to first mixture. Add vanilla, raisins, nut meats, and citron. Fold in egg whites beaten stiff. Bake in two layers in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 12.

DEVIL'S FOOD

$\frac{1}{2}$ cup cocoa	$2\frac{1}{2}$ cups flour
2 cups brown sugar	1 teaspoon salt
$\frac{1}{2}$ cup shortening	1 teaspoon soda
1 cup sour milk	$\frac{1}{2}$ cup water

Mix cocoa and sugar, and cream with shortening. Add sour milk, flour, and salt. Dissolve soda in water and add last. Beat well and bake in layers in a moderate oven.

Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

DIVINITY CAKE

$\frac{1}{2}$ cup butter	1 cup cold water
$1\frac{1}{2}$ cups granulated sugar	1 teaspoon lemon extract
3 cups sifted flour	$\frac{1}{4}$ cup candied cherries
3 teaspoons baking powder	$\frac{1}{4}$ cup candied pineapple
$\frac{1}{4}$ teaspoon salt	3 egg whites

Cream butter, add sugar gradually and beat well together. Mix and sift dry ingredients and add alternately with water. Add flavoring and fruit and fold in egg whites beaten stiff. Bake in two layers in a moderate oven. Put together with boiled frosting flavored with almond, and spread melted unsweetened chocolate over the top.

Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

EMPIRE STATE CAKE

1 cup butter	1 teaspoon cloves
2 cups sugar	1 cup mashed potato
4 eggs	$\frac{1}{2}$ cup sweet milk
2 cups flour	1 teaspoon vanilla
2 teaspoons baking powder	1 teaspoon lemon extract
1 teaspoon nutmeg	1 cup grated melted chocolate
1 teaspoon cinnamon	
1 teaspoon allspice	1 cup walnut meats

Cream butter very thoroughly, add sugar gradually, and well beaten eggs. Beat well. Sift dry ingredients and add alternately with potato to which milk has been added. Add flavorings and chocolate, last of all nuts. Cake may be baked in a loaf or small individual cake pans. Cover with boiled frosting or melted fondant. Small cakes may have a piece of cherry for decoration. Bake in moderate oven.

Time in oven, 40 minutes. Temperature, 350°. Servings, 12.

FIG CAKE

2 tablespoons shortening	2 cups bread crumbs (fine)
Pinch salt	4 teaspoons baking powder
$\frac{3}{4}$ cup sugar	1 cup flour
1 teaspoon nutmeg	$\frac{1}{4}$ pound figs (sliced)
2 eggs	

Mix shortening, salt, sugar, and nutmeg; beat and stir in the eggs, then the bread crumbs. Sift the baking powder and flour together and add the figs. Combine the mixtures and turn the batter into a loaf-shaped or round pan with cone, well greased. Bake in a moderate oven.

Time in oven, 30 to 40 minutes. Temperature, 350°. Servings, 12.

FRUIT CAKE NO. 1.

1 cup butter or margarine	1 teaspoon nutmeg
1 cup sugar	1 teaspoon clove
3 eggs	1 pound raisins
1 cup molasses	1 pound citron
3 cups flour	1 pound currants or small raisins
1 teaspoon soda	
2 teaspoons cinnamon	1 cup strong coffee

Cream butter and sugar, add beaten eggs and molasses. Sift dry ingredients, add, and beat thoroughly. Add chopped fruits and beat again. Any combination of dried candied fruits may be used. Bake very slowly in a moderate oven. Keep in a cool but not too moist place, as age improves this cake. The coffee should be poured or sprinkled carefully over the cake as it is taken from the oven. If baked in a covered roasting pan with the cover on until the last half hour, no coffee will be needed to soften the cake.

Time in oven, $2\frac{1}{2}$ hours. Temperature, 300-350°. Servings, 24.

FRUIT CAKE NO. 2.

1½ cups shortening	2 teaspoons cinnamon
4 cups sugar	2 teaspoons allspice
6 eggs	2 cups raisins
2 cups milk	2 packages dates
6½ cups flour	1 pound walnut meats
2 teaspoons soda	

Cream shortening, add sugar and beaten eggs, milk, and dry ingredients mixed and sifted. Add chopped fruits, nuts, and mix well. Bake in three or more loaf tins in a moderate oven. Time in oven, $1\frac{1}{2}$ hours. Temperature, 325°. Servings, 36.

FRUIT CAKE (Japanese)

1 cup butter	3 teaspoons baking powder
4 eggs	1 cup chopped nuts
2 cups sugar	½ teaspoon vanilla
1 cup milk	½ pound seedless raisins
2½ cups flour	¼ teaspoon clove
1 teaspoon salt	¼ teaspoon cinnamon

Make cake batter by creaming butter, adding beaten eggs, sugar, milk, and sifted dry ingredients. Divide in two parts; add to one portion the nuts and vanilla, and to the second portion the raisins and spice. Bake in four layers in a moderate oven, and put together with Japanese Filling (see page 200), using Japanese Icing for top.

Time in oven, 20 minutes. Temperature, 325°. Servings, 18.

GRAHAM CRACKER CAKE

$\frac{1}{2}$ cup butter or other shortening	1 cup flour
1 cup sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ cup cocoanut
1 cup milk	1 cup graham cracker crumbs
	1 teaspoon vanilla

Cream butter, add sugar, beaten eggs, milk, sifted flour, and baking powder. Beat well, add cocoanut, and cracker crumbs last and mix in quickly. Flavor, and bake in two layers in a moderately hot oven. Put the two layers together with Custard Filling (see page 199).

Time in oven, 20 minutes. Temperature, 375°. Servings, 12.

JELLY ROLL

2 eggs	2 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
4 tablespoons cold water	1 teaspoon vanilla
1 cup flour	Jelly

Beat egg yolks, add sugar gradually, beating after each addition. Add water and beat well. Mix and sift flour with baking powder and salt, add to the first mixture and beat again. Add vanilla. Fold in egg whites, beaten stiff. Pour into a rectangular pan, nine and one-half by fourteen and one-half inches, three-quarters inches deep, which it will fill to the depth of a quarter of an inch. Bake in moderate oven. Time in oven, 20 minutes. Temperature, 325°. Servings, 10.

Be careful not to overbake the cake or it will have a hard crust that will be difficult to handle. The minute it is done turn out on a sugared cloth. Cut off the edges, for they harden quickly and break in rolling. Spread with jelly, and coax gently into a smooth roll, wrapping the cloth about it as you proceed. Leave the cloth around the roll for a short time so that it will keep its shape.

MAPLE SYRUP CAKE

$1\frac{1}{4}$ cups flour	$\frac{3}{4}$ cup maple syrup
$\frac{1}{2}$ teaspoon salt	1 tablespoon shortening
2 teaspoons baking powder	6 tablespoons milk
1 egg yolk	1 teaspoon vanilla

Mix and sift dry ingredients. Beat egg yolk, syrup, and shortening together then combine all ingredients and beat thoroughly. Bake in a moderate oven. Use Maple Syrup Frosting (see page 195).

Time in oven, 25 minutes. Temperature, 350°. Servings, 8.

VARIETY MARBLE CAKE

1½ cups flour	2 eggs
1½ teaspoons baking powder	Melted butter
1 cup sugar	½ cup milk
½ teaspoon salt	1 teaspoon flavoring

Sift dry ingredients. Put unbeaten eggs into measuring cup and add enough melted butter to eggs to make cup one-half full, then fill cup with milk. Add to dry ingredients. Add flavoring and beat about five minutes. Very easily and quickly made. Bake in moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 8.

Variations

1. Plain White Cake. Follow recipe as it stands.
2. White Layer Cake. Follow recipe as written and bake in layer tins.
3. Marble Cocoa Cake. Follow recipe and add two tablespoons cocoa to one-third batter. Put dark and light batters alternately by spoonfuls into one pan.
4. Marble Spice Cake. Follow recipe and add ¼ teaspoon clove, ¼ teaspoon allspice, and ¼ teaspoon cinnamon to one-third batter. Proceed as for Marble Cocoa Cake.
5. Plain Cocoa Cake. Follow recipe, adding 3 tablespoons cocoa to batter.
6. Cocoa Layer Cake. Follow Plain Cocoa Cake recipe and bake in layer tins.

MARTHA WASHINGTON'S FRUIT CAKE

½ pound butter	1 teaspoon nutmeg
1½ pounds sugar	4 tablespoons lemon juice
6 eggs	Grated rind of 2 lemons
1 pint sour cream	1 pound currants or seedless
1 teaspoon soda	raisins
1¾ pounds flour	½ pound citron
¼ teaspoon mace	1 pound seeded raisins

Cream butter, add sugar gradually, then well beaten egg yolks and cream. Mix soda with flour and spices, then combine mixtures. Add lemon juice and rind. Fold in beaten egg whites last with the fruit. Bake in a slow oven, having pan covered with oiled paper until last ten minutes of cooking.

Time in oven, 3 hours. Temperature, 275-300°. Servings, 36.

PINEAPPLE CAKE

$\frac{1}{2}$ cup butter or margarine	2 teaspoons baking powder
1 cup sugar	$\frac{1}{8}$ teaspoon soda
3 eggs	1 cup grated pineapple
1 $\frac{1}{2}$ cups flour	

Cream shortening, add sugar gradually, and the eggs well beaten. Mix and sift dry ingredients, and add to first mixture alternately with pineapple. Bake in a moderate oven.

Time in oven, 40 minutes. Temperature, 325°. Servings, 8.

PORK CAKE

$\frac{1}{2}$ pound fat pork	4 cups flour
1 cup boiling water	1 teaspoon cinnamon
1 cup molasses	1 teaspoon clove
1 cup brown sugar	1 teaspoon soda
1 cup raisins	

Chop pork and add boiling water, add molasses, sugar, and chopped raisins. Add sifted flour, spices and soda. Beat five minutes and bake in a slow oven until cooked through. Time in oven, 1 $\frac{1}{2}$ hours. Temperature, 300-325°. Servings, 18.

SPONGE CAKE

4 eggs	$\frac{3}{4}$ cup bread flour
1 cup powdered sugar	1 $\frac{1}{2}$ teaspoons baking powder
2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
1 teaspoon grated lemon rind	

Beat yolks of eggs thoroughly, add sugar gradually, beating well after each addition. Add lemon juice and rind and

beat again. Mix flour, baking-powder, and salt, and sift together twice. Sift into egg mixture and beat three minutes. Fold in egg whites which have beaten until stiff. Bake. Time in oven, 55 minutes. Temperature, 325°. Servings, 8.

CHOCOLATE SPONGE CAKE

2 cups brown sugar	1 teaspoon vanilla
½ cup butter	2 cups flour
1 square chocolate	1 teaspoon soda
½ cup sour milk	1 cup boiling water
2 egg yolks	2 egg whites

Cream sugar with melted butter and chocolate, add milk and beat thoroughly. Add egg yolks, vanilla, flour mixed with soda and boiling water. Reserve a small portion of flour to add after the boiling water, then beat until very smooth and light. Lastly, add beaten whites. Bake in moderate oven. This makes a large loaf cake.

Time in oven, 40 minutes. Temperature, 300°. Servings, 8.

ORANGE SPONGE CAKE

3 eggs	1 cup flour
1 cup sugar	1 teaspoon baking powder
½ cup orange juice	¼ teaspoon salt
Grated rind of one orange	

Beat whites of eggs until stiff, then add the yolks one at a time, beating after each addition. Add the sugar, grated orange rind and orange juice. Fold in the flour mixed and sifted with baking powder and salt and bake in a shallow pan in a moderate oven. Cut in fancy shapes.

Time in oven, 40 minutes. Temperature, 325°. Servings, 10.

POTATO FLOUR SPONGE CAKE

4 eggs yolks	1 teaspoon baking powder
¾ cup sugar	¼ teaspoon salt
4 egg whites	½ tablespoon lemon juice
¾ cup potato flour	

Beat yolks of eggs until thick and lemon-colored and add sugar gradually, while beating constantly. Then add whites

of eggs beaten until stiff. Mix and sift dry ingredients and cut and fold into mixture. Add lemon juice, turn into a greased and floured cake-pan, and bake in a moderate oven. Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

THANKSGIVING OR CHRISTMAS CAKE

2 cups bread sponge	1 teaspoon cloves
2 eggs	1 teaspoon nutmeg
2 cups sugar	2 cups raisins
1 teaspoon soda, dissolved in	1 cup mixed fruit
½ cup water	(figs, orange peel, cherries, citron)
1 cup lard and butter mixed	
1 teaspoon cinnamon	3½ cups flour

Mix all ingredients together well and let rise two and one-half hours. Bake in two loaves in a moderate oven. This cake is best made two or more months before wanted for use. Wrap in waxed paper, put in a tin box and seal.

Time in oven, 2½ hours. Temperature, 350°. Servings, 18.

WHITE CAKE (Eggless)

½ cup lard or margarine	4 teaspoons baking powder
1 cup sugar	1 cup milk
2 cups flour	1 teaspoon flavoring
½ teaspoon salt	

Cream shortening and add sugar. Sift flour, salt, and baking powder several times together, then add alternately with milk. Add flavoring last and beat hard for two minutes. Bake at once in moderately hot oven.

Time in oven, 25 minutes. Temperature, 375°. Servings, 12.

PLAIN WHITE CAKE

½ cup butter	3 teaspoons baking powder
1 cup sugar	¾ cup milk
2 cups sifted flour	1 teaspoon lemon extract
¼ teaspoon salt	3 egg whites

Cream butter, add sugar, and beat well. Sift flour, salt, and baking powder together three times, and add alternately

with the milk. Add flavoring and fold in stiffly beaten whites. Pour into a greased pan. Bake in a moderate oven. Time in cooking, 35 minutes. Temperature 350°. Servings, 10.

SMALL CAKES

ALMOND CAKES IN PAPER CASES

$\frac{1}{4}$ cup butter	$\frac{3}{8}$ cup flour
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons baking powder
4 egg yolks	Shredded almonds
$\frac{1}{4}$ cup milk	Powdered sugar

Cream butter, add sugar gradually, egg yolks well beaten, milk, and flour mixed with baking powder. Put in paper cases, sprinkle with shredded almonds and powdered sugar and bake in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

ANGEL CAKE SUPREME

Angel Cake Butter	Chopped Nuts
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Tear angel cake into small pieces and butter all over with soft, very fresh butter to which a few drops of vanilla have been added. Roll each piece in finely chopped nuts. These are delicious with afternoon tea.

CUP CAKES

$\frac{1}{2}$ cup shortening	$1\frac{1}{2}$ cups flour
1 cup granulated sugar	$2\frac{1}{4}$ teaspoons baking powder
2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon flavoring

Cream the shortening, add sugar gradually, and beat well; add yolks of eggs well beaten and beat again. Add milk, flour, baking-powder, salt and flavoring. Beat until light. Fold in carefully the whites beaten to a stiff froth, and pour at once into lightly greased pans. Bake in a moderately hot oven.

Time in oven, 20-25 minutes. Temperature, 375°. Servings, 10.

FRUIT CAKES

1 cup brown sugar	1 teaspoon cinnamon
1 cup hot water	$\frac{1}{2}$ teaspoon cloves
1 cup raisins	2 cups flour
$\frac{1}{2}$ cup cooking oil	2 teaspoons baking powder
3 tablespoons chocolate	

Boil sugar, water, raisins and oil together five minutes. Add chocolate and spices, and cool. Add this to flour and baking powder. Bake in gem pans in moderate oven. Time in oven, 35 minutes. Temperature, 325°. Servings, 12.

GOLDEN CAKES

$\frac{1}{2}$ cup butter or margarine	2 teaspoons baking powder
1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup milk
4 egg yolks	$\frac{1}{4}$ teaspoon almond extract
1 egg white	$\frac{1}{2}$ teaspoon vanilla
2 $\frac{1}{2}$ cups flour	

Cream shortening, add sugar gradually and cream together. Beat egg yolks and whites well and add to first mixture. Mix and sift dry ingredients and add alternately with milk. Add flavorings. Turn into individual pans and bake in a moderate oven. Frost with boiled frosting, using whites of eggs in frosting. Decorate with maraschino cherries. Time in oven, 15 minutes. Temperature, 350°. Servings, 15.

HAZEL NUT CAKES

$\frac{1}{2}$ cup butter or margarine	$\frac{1}{2}$ cup milk
1 cup sugar	1 $\frac{3}{4}$ cups flour
3 eggs	2 teaspoons baking powder

Cream butter, add gradually sugar, egg yolks well beaten, milk, flour mixed with baking powder, and egg whites beaten stiff. Bake in a thin sheet in a moderately hot oven. Shape with small cutter and put together with Hazel Nut Filling. (see page 200.)

Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

LADY FINGERS

6 egg whites	1 teaspoon vanilla
$\frac{2}{3}$ cup powdered sugar	$\frac{2}{3}$ cup flour
4 egg yolks	$\frac{1}{2}$ teaspoon salt

Beat egg whites until stiff and dry, add gradually powdered sugar, and continue the beating. Beat yolks of eggs until thick and lemon-colored, fold into first mixture then add vanilla and fold in flour mixed with salt. Shape close together on an unbuttered paper placed on a tin sheet, using a pastry-bag and tube. Sprinkle with powdered sugar and bake in a moderate oven.

Time in oven, 8 minutes. Temperature, 325°. Servings, 20.

ORANGE BLOSSOM CAKES

$\frac{1}{4}$ cup shortening	$1\frac{1}{2}$ cups flour
1 cup sugar	3 teaspoons baking powder
2 egg yolks (unbeaten)	1 teaspoon orange flavoring
$\frac{3}{4}$ cup milk	1 egg white (stiffly beaten)

Cream shortening well and gradually work in sugar. Add the other ingredients, except egg white, in order given. Beat well to get a light fluffy mixture, fold in egg white and bake in a moderately hot oven, in muffin tins or paper cases. Time in oven, 20 minutes. Temperature, 375°. Servings, 18.

SNOWBALLS

$\frac{2}{3}$ cup fine granulated sugar	6 egg whites
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon cream of tartar	

Sift flour and sugar separately three times before measuring. Sift cream of tartar in flour. Beat egg whites with a pinch of salt, add sugar gradually, and the flour and flavoring. Bake in a thin sheet, in a moderate oven. Cut in one-and-a-half inch squares. Dip squares in icing and roll in cocoanut. Time in oven, 35 minutes. Temperature, 300°. Servings, 24.

COOKIES

ALMOND COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup almond paste	3 teaspoons baking powder
1 cup sugar	3 cups flour
1 egg	1 teaspoon salt
1 egg yolk	

Cream butter. Rub almond paste with the sugar until crumbly, then add to the butter. Add beaten egg, milk, sifted dry ingredients and beat well. Add enough more flour to form soft dough. Roll one-fourth inch thick, cut with a doughnut-cutter and bake in moderately hot oven. Time in oven, 10 minutes. Temperature, 375°. Servings, 30.

BUTTERSCOTCH SQUARES

$\frac{1}{4}$ cup butter	1 teaspoon baking powder
1 cup brown sugar	$\frac{1}{2}$ teaspoon vanilla
1 egg	$\frac{1}{4}$ cup pecan meats
$\frac{3}{4}$ cup flour	

Cook butter and sugar together until smooth and well blended. Cool to lukewarm. Add egg unbeaten, and beat well. Add flour sifted with baking powder, then vanilla and nuts. Spread in pan lined with paraffin paper. Bake in a moderate oven. Turn out of pan and cut in squares. Time in oven, 30 minutes. Temperature, 300°. Servings, 16.

CALIFORNIA SQUARES

$\frac{3}{4}$ cup molasses	$\frac{1}{2}$ cup English currants or seedless raisins
$\frac{1}{2}$ cup sugar	
$\frac{1}{2}$ cup shortening	2 cups flour
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon cloves
1 teaspoon soda (dissolved in the milk)	1 teaspoon salt

Mix in order given and drop by teaspoonfuls on greased baking sheet. Or spread in a very thin sheet and bake in a hot oven, cutting in squares before it cools.

Time in cooking, 8 minutes. Temperature, 400°. Servings, 12.

CAPE ELIZABETH COOKIES

$\frac{1}{2}$ cup butter or margarine	1 cup rolled oats
1 cup brown sugar	5 tablespoons milk
1 egg	$\frac{1}{2}$ cup pineapple, cut in shreds
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup seedless raisins
$\frac{1}{4}$ teaspoon soda	$\frac{1}{4}$ cup candied orange peel, chopped
1 teaspoon baking powder	$\frac{1}{2}$ cup walnut meats, cut in pieces
$\frac{1}{4}$ teaspoon cinnamon	
$\frac{1}{4}$ teaspoon allspice	
$\frac{1}{2}$ teaspoon salt	

Cream shortening, add sugar, and cream together. Add egg well beaten. Mix and sift flour, soda, baking-powder, spices, and salt, then add rolled oats, and add to first mixture alternately with milk. Mix fruit and nuts with a little extra flour and add to dough. The pineapple should be well drained. Drop by spoonfuls on greased baking sheet. Bake in a moderately hot oven.

Time in oven, 8 minutes. Temperature, 375°. Servings, 42.

CHOCOLATE COCOANUT COOKIES

2 tablespoons butter	8 teaspoons cocoa (or 2 ounces grated chocolate)
1 cup sugar	
$\frac{1}{2}$ cup cocoanut	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	2 teaspoons baking powder
1 $\frac{1}{2}$ cups flour	1 teaspoon vanilla

Cream shortening, add sugar gradually, cocoanut, milk, and flour mixed and sifted with other dry ingredients. Add vanilla last. Drop by teaspoonfuls on greased tins and bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

CHOCOLATE PECAN WAFERS

2 eggs	6 tablespoons flour
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup cocoa	Pecan meats

Beat eggs well, then beat in sugar and cocoa mixed. Fold in flour and salt sifted, a tablespoonful at a time. Drop by teaspoonfuls on a greased tin, place a half pecan on each and bake in moderate oven. Remove from tin immediately after taking from oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 60.

CHOCOLATE SPONGE DROPS

3 eggs	2 tablespoons cocoa
½ cup confectioner's sugar	½ teaspoon salt
⅓ cup flour	½ teaspoon vanilla

Beat whites of eggs until stiff, then beat in sugar gradually. Beat egg yolks until thick and add to first mixture. Sift together flour, cocoa, and salt, and fold into first mixture. Add vanilla. Drop by teaspoonfuls on a greased baking sheet. Decorate with nut meats or a bit of candied fruit. Time in oven, 20 minutes. Temperature, 325°. Servings, 24.

CLIFFORD TEA COOKIES

1 cup butter	1 teaspoon soda
2 cups brown sugar	½ teaspoon salt
2 eggs	1 cup chopped nuts
3½ cups flour	

Cream the butter and sugar thoroughly. Add the eggs and continue to beat. Sift flour, soda, and salt three times and add with the nuts to the first mixture. Pack in a mold and leave in a refrigerator over night, then turn out on a board and slice as thin as possible and bake in hot oven.

Time in oven, 15 minutes. Temperature, 400°. Servings, 60.

COCOANUT BUTTER DROPS

½ cup butter or margarine	¼ teaspoon salt
1 cup sugar	2 teaspoons baking powder
2 eggs	1 cup shredded cocoanut
1 cup milk	1 teaspoon vanilla
2 cups flour	

Cream butter, add sugar, and cream well together. Add eggs slightly beaten and milk. Add flour sifted with salt and

baking powder. Mix well, add cocoanut and vanilla. Drop from a teaspoon on greased tins. Bake in moderately hot oven.

Time in oven, 15 minutes. Temperature, 375°. Servings, 36.

COCOANUT CRISPETTES

3 egg whites	2 cups corn flakes
$\frac{1}{2}$ cup shredded cocoanut	1 teaspoon vanilla
1 cup sugar	

Beat egg whites stiff and add other ingredients. Drop by teaspoonfuls on a greased baking sheet. Bake in a moderately hot oven.

Time in oven, 15 minutes. Temperature, 375°. Servings, 24.

COCOANUT DATE COOKIES

1 egg	$\frac{3}{8}$ cup milk
$\frac{1}{3}$ cup cooking oil	2 cups flour
$\frac{3}{4}$ cup sugar	4 teaspoons baking powder
$\frac{1}{3}$ cup dates, cut in pieces	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup cocoanut	$\frac{1}{3}$ cup nuts, if desired
2 teaspoons lemon extract	

Beat egg very light and add shortening, sugar, dates, cocoanut, and flavoring. Mix well. Add milk and flour which has been sifted with baking-powder and salt. Drop from teaspoon on greased tin. Bake in a moderately hot oven.

Time in oven, 12 minutes. Temperature, 375°. Servings, 36.

COCOANUT MERINGUES

2 egg whites	$\frac{1}{4}$ cup walnuts, chopped
$\frac{3}{8}$ cup sugar	$\frac{1}{4}$ cup cocoanut
$\frac{1}{2}$ teaspoon salt	1 teaspoon orange extract
$\frac{3}{8}$ cup dates, cut in small pieces	

Beat egg whites stiff and beat sugar into them. Fold in other ingredients. Drop from teaspoon on greased tin. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 300°. Servings, 36.

COLONIAL COOKIES

$\frac{3}{4}$ cup shortening	4 cups flour
$\frac{1}{2}$ cup granulated sugar	1 teaspoon baking soda
$\frac{1}{2}$ cup brown sugar	1 teaspoon salt
1 egg yolk	$\frac{1}{2}$ cup each raisins and wal-
$\frac{1}{2}$ cup sour cream	nuts
$\frac{3}{4}$ cup rolled oats	1 teaspoon vanilla
$\frac{1}{2}$ cup boiling water	

Cream shortening and sugar, add egg yolk, and cream. Scald rolled oats with boiling water and add to first mixture with flour sifted and mixed with baking soda, salt, fruit and nuts. Add vanilla. Chill and roll out. Have the dough as soft as can be handled. Using less flour if necessary. Bake in a moderate oven. Keep in a crock. These cookies improve with age.

Time in oven, 10-12 minutes. Temperature, 350°. Servings, 48.

CRACKER COOKIES

1 cup cracker crumbs (very fine)	3 egg whites
1 cup sugar	$\frac{1}{2}$ cup nut meats or cocoanut or fruit

Have crackers rolled very fine. Add sugar and egg whites, beaten stiff. Add nut meats, cocoanut, or fruit. Bake in a moderate oven, as drop cookies.

Time in oven, 15 minutes. Temperature, 350°. Servings, 18.

CRUMB COOKIES

$\frac{1}{2}$ cup shortening	2 $\frac{1}{2}$ cups flour
1 cup sugar	1 teaspoon soda
2 eggs	1 teaspoon salt
$\frac{1}{2}$ cup cold coffee	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup molasses	1 teaspoon lemon extract
2 $\frac{1}{2}$ cups crumbs	

Dry cake, cooky, or doughnut crumbs, and put through the food-chopper before measuring. Cream shortening and sugar, add well beaten eggs, coffee, molasses and crumbs. Sift flour, soda, salt, and nutmeg and add to mixture. Add

lemon extract. Mix thoroughly. Drop by teaspoonfuls on a greased baking-sheet. Bake in a moderate oven. Time in oven, 20 minutes. Temperature, 350°. Servings, 60.

CURRENT DROPS

$\frac{1}{3}$ cup butter or other shortening	2 tablespoons milk
$\frac{1}{2}$ cup sugar	1 cup flour
1 egg	$1\frac{1}{2}$ teaspoons baking powder
1 lemon (grated rind)	$\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ cup currants

Cream shortening, add sugar gradually, beating all the time, then the beaten egg and lemon rind. Add milk and flour mixed and sifted with baking powder and salt. Save out a little of the flour to mix with the currants, which have been washed, and add them last. Drop on greased tin and sprinkle with sugar. Bake in a hot oven.

Time in oven, 10 minutes. Temperature, 400°. Servings, 36.

CURRENT STICKS

2 cups flour	1 cup currants
$\frac{3}{4}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon extract
$\frac{3}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon vanilla
2 eggs	

Mix together flour, sugar, and salt, and work in shortening. Add eggs well beaten, currants and flavorings. Roll out a third of an inch thick and cut in pieces four inches long and half an inch wide. Bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 60.

DATE BARS

$\frac{1}{2}$ pound dates	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup cold water	$1\frac{1}{4}$ cups rolled oats
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup shortening	$1\frac{1}{4}$ cups flour

Wash and stone dates, cut in pieces. Add granulated sugar and cold water and cook until soft and thick. This makes

the date filling. Cream brown sugar and shortening, add soda dissolved in water, and the remaining ingredients. Knead well and roll thin. With hand and knife shape into a square or oblong. Spread half the sheet with date mixture, cover with the other half. Cut in oblongs about two inches long and one wide, or larger if desired. Place in well-greased pan, an inch apart, and bake in a moderate oven. Time in oven, 25 minutes. Temperature, 350°. Servings, 18.

HONEY DROP COOKIES

$\frac{3}{4}$ cup honey	1 egg
$\frac{1}{4}$ cup shortening	$1\frac{1}{2}$ to 2 cups flour
$\frac{1}{2}$ teaspoon cinnamon	1 teaspoon baking powder
$\frac{1}{8}$ teaspoon cloves	$\frac{1}{4}$ teaspoon soda
2 tablespoons water	1 cup raisins, cut fine

Warm the honey and shortening until melted. While the mixture is warm add the spices. When cold add the water, the beaten egg, and one-and-one-half cups of flour sifted with the baking-powder and soda. Finally stir in the raisins. Sufficient flour must be added to make a dough stiff enough to drop from a spoon. Bake in moderately hot oven.

Time in oven, 15 minutes. Temperature, 375°. Servings, 24.

GINGER DROP COOKIES

$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	1 teaspoon soda
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon cream of tartar
1 egg	$\frac{1}{2}$ teaspoon clove
$\frac{1}{2}$ cup sour cream	1 teaspoon ginger
1 cup raisins	1 teaspoon cinnamon
$2\frac{1}{2}$ cups flour	

Mix sugar and melted butter, add molasses, beaten egg, sour cream, raisins and the flour mixed and sifted with dry ingredients. Drop from teaspoon on buttered tins. Bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

GINGER SNAPS

1 cup molasses
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup shortening
1 teaspoon soda

1 $\frac{1}{2}$ teaspoons ginger
1 egg (beaten)
Flour

Beat all ingredients together, using enough flour to make a soft dough. Roll thin, cut, and bake in a moderate oven. Time in oven, 12 minutes. Temperature, 350°. Servings, 40.

HERMITS

6 tablespoons shortening
1 cup brown sugar
1 egg
1 $\frac{1}{2}$ cups flour
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
1 teaspoon cloves

1 teaspoon allspice
1 teaspoon cinnamon
 $\frac{1}{2}$ cup milk
1 cup chopped seeded raisins
2 tablespoons chopped citron
1 cup chopped walnuts

Cream shortening, sugar, and egg. Mix and sift dry ingredients and add alternately with milk to first mixture. Add fruit dredged in flour, then nuts. Drop from spoon on greased tins and bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

COCOA HERMITS

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup sugar
2 eggs
 $\frac{1}{2}$ cup raisins
2 tablespoons hot water
2 cups flour

2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{4}$ cup cocoa
4 tablespoons hot water

Cream shortening, add sugar, eggs well beaten, raisins and two tablespoons hot water. Mix and sift flour, baking powder, salt, and cinnamon, and add to first mixture. Dissolve cocoa in four tablespoons hot water and add last. Mix well and drop from teaspoon on a greased baking sheet. Place a raisin on top of each. Bake in moderate oven. Time in oven, 15 minutes. Temperature, 350°. Servings, 30.

MOLASSES HERMITS

$\frac{1}{2}$ cup brown sugar	1 teaspoon salt
$\frac{1}{2}$ cup shortening	1 teaspoon ginger
1 tablespoon vinegar	$\frac{1}{8}$ teaspoon cloves
$\frac{1}{2}$ cup molasses	$\frac{1}{3}$ teaspoon cinnamon
$\frac{1}{2}$ cup coffee	1 teaspoon soda
2 $\frac{1}{3}$ cups bread flour	1 cup chopped raisins

Cream sugar and shortening together and add liquid. Mix and sift dry ingredients. Combine mixtures and add raisins. Drop by small spoonfuls an inch apart on a greased sheet. Bake in a moderately hot oven.

Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

FRUITED MACAROONS

$\frac{1}{2}$ cup butter or margarine	$\frac{1}{2}$ cup chopped nut meats
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup candied cherries
2 tablespoons milk	1 cup fresh or canned grated
1 $\frac{3}{4}$ cups flour	cocoanut
1 teaspoon baking powder	1 teaspoon almond extract
$\frac{1}{4}$ teaspoon salt	2 egg whites

Cream shortening and add sugar gradually. Add milk. Mix and sift flour, baking powder and salt and add to first mixture. Add nut meats, cherries cut in pieces, cocoanut thoroughly drained, and flavoring. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on greased baking sheets and bake until delicately browned in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 40.

SCOTCH MACAROONS

2 eggs	1 tablespoon butter or mar-
1 cup sugar	garine
2 teaspoons baking powder	2 teaspoons vanilla
2 $\frac{1}{2}$ cups rolled oats	

Beat eggs, add sugar, and continue beating until light and fluffy. Sift baking powder over oats, add to first mixture, and beat well. Add melted butter and vanilla. Drop by teaspoonfuls on greased tin, making the drops two inches

apart. Bake in a moderately hot oven, and remove very quickly from the pan.

Time in oven, 15 minutes. Temperature, 375°. Servings, 24.

MARGUERITES

1 egg white
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla

2 tablespoons nut meats
12 crackers

Beat egg white stiff, fold in sugar and add flavoring and nut meats. Spread on crackers and bake in a slow oven until slightly browned and crisp.

Time in oven, 20 minutes. Temperature, 300°. Servings, 6.

MINERVA COOKIES

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{4}$ cup sugar
1 egg

3 to $3\frac{1}{2}$ cups pastry flour
 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon vanilla

Cream shortening. Add sugar, egg well beaten, and three cups flour mixed and sifted with baking powder. Add vanilla. Add more flour if necessary, to make a stiff dough.

Chill, roll very thin, and bake in a moderate oven until brown. Time in oven, 8 minutes. Temperature, 325°. Servings, 36.

MOCK MAPLE COOKIES

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups brown sugar
1 egg
1 teaspoon soda
 $\frac{1}{2}$ cup hot water

3 cups flour
2 teaspoons cream of tartar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup chopped walnuts
2 teaspoons vanilla

Cream butter thoroughly, add sugar, egg slightly beaten, soda dissolved in water, and the flour which has been mixed and sifted with cream of tartar and salt. Add walnuts and vanilla. Drop on well-greased sheets two inches apart. Bake in a moderately hot oven.

Time in oven, 15 minutes. Temperature, 375°. Servings, 36.

SOFT MOLASSES COOKIES NO. 1.

1/2 cup shortening	1 1/2 teaspoons soda
1/4 cup brown sugar	1/4 cup sour milk
1/2 cup molasses	Flour
1/2 teaspoon salt	

Mix ingredients, dissolving soda in sour milk. Add flour to make a soft dough. Roll quite thick, cut and bake.

Time in oven, 20 minutes. Temperature, 350°. Servings, 24.

SOFT MOLASSES COOKIES NO. 2.

1 cup molasses	4 cups flour
1 cup shortening	1 teaspoon soda
1/2 cup granulated sugar	1/2 teaspoon salt
1/2 cup mashed potato	1 1/2 teaspoons cinnamon
1/2 cup sour milk	1 1/2 teaspoons ginger

Heat molasses and add shortening. Cool slightly and add sugar, mashed potato, and sour milk. Mix and sift two cups of the flour with other dry ingredients. Add enough more of the flour to make a dough as soft as can be handled. Chill. Roll to a quarter of an inch in thickness. Cut, and bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

NUT COOKIES

Part 1

1/2 cup shortening	1/2 teaspoon salt
1 cup sugar	1 teaspoon baking powder
2 eggs	1/2 teaspoon vanilla
1 1/2 cups flour	1 cup nuts

Part 2

1 egg white	1/2 teaspoon vanilla
1 cup brown sugar	

Cream shortening and add sugar, beaten eggs, sifted dry ingredients, and flavoring. Spread mixture on cooky sheet and sprinkle with finely chopped nuts. Several kinds of nuts are

nice, but one kind will do. Beat egg white and fold in brown sugar and vanilla. Spread meringue over nuts. Bake in a moderate oven. Cut in squares when cooked.

Time in oven, 30 minutes. Temperature, 350°. Servings, 48.

OATMEAL COOKIES

1 cup brown sugar or white sugar	2 cups flour
1 cup shortening	½ teaspoon salt
2 eggs	1 teaspoon cinnamon
½ cup sweet milk	1 teaspoon baking powder
¾ teaspoon soda	2 cups rolled oats
	1 teaspoon vanilla

Cream sugar and shortening together and add alternately beaten eggs and milk, and dry ingredients sifted together. Add vanilla and drop by teaspoonfuls on greased tins. Bake in a moderately hot oven.

Time in oven, 10 minutes. Temperature, 375°. Servings, 48.

OATMEAL COOKIES, DATE FILLED

1 cup shortening	½ teaspoon salt
1 cup brown sugar	1 teaspoon soda
½ cup sour milk	2 cups flour
4 cups oatmeal	½ teaspoon nutmeg

Cream shortening and sugar, add sour milk and oatmeal. Sift salt, soda, flour, and nutmeg. Add and mix well. Roll out on a floured board. Cut in rounds, put a teaspoon of filling on top, place another round over filling and press edges together. Bake in a moderate oven. Filling is on page 199.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

OATMEAL DATE CAKES

2½ cups flour	1 cup walnuts
1 teaspoon soda	1 cup chopped dates
1½ teaspoons salt	¾ cup shortening
1 teaspoon cinnamon	1 cup sugar
¼ teaspoon nutmeg	2 eggs
¼ teaspoon clove	½ cup sour milk
2 cups rolled oats	

Mix and sift flour, soda, salt, and spices, add rolled oats, chopped nuts, and dates. Cream shortening, add sugar, eggs, and milk, then combine mixtures well. Drop by teaspoon on greased sheet and bake in a hot oven.

Time in oven, 30 minutes. Temperature, 400°. Servings, 72.

OLD-FASHIONED WINE DROPS

$\frac{3}{4}$ cup lard or other shortening	1 teaspoon soda
$\frac{1}{2}$ cup brown sugar	1 teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon clove
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup milk	1 teaspoon nutmeg
2 $\frac{1}{2}$ cups flour	$\frac{7}{8}$ cup currants

Cream shortening and sugar together, add egg, molasses, milk, and flour mixed and sifted with other dry ingredients. Mix well and add currants floured. Drop on greased tins about two inches apart. Bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 48.

ORANGE COOKIES

1 cup lard	$3\frac{1}{2}$ cups flour
2 cups sugar	$\frac{1}{2}$ teaspoon baking powder
2 eggs	1 teaspoon salt
1 orange	

Cream shortening, add sugar gradually, and the eggs well beaten. Add juice and grated rind of orange, and flour which has been mixed and sifted with baking powder and salt. Roll thin, cut, and bake in a hot oven.

Time in oven, 10 minutes. Temperature, 400°. Servings, 120.

PEANUT BROWNIES

$\frac{1}{2}$ cup peanut butter	1 square chocolate
2 tablespoons butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon soda
1 egg	1 cup flour
$\frac{1}{4}$ cup milk	

Cream peanut butter and butter together. Add sugar, egg well beaten, milk, and chocolate melted. Then add mixed and sifted dry ingredients. Drop by spoonfuls on greased baking sheets. Bake in a moderately hot oven.

Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

PEANUT BUTTER WAFERS

$\frac{1}{2}$ cup peanut butter	1 teaspoon vanilla
$\frac{1}{2}$ cup shortening	2 cups flour
1 cup brown sugar	1 teaspoon salt
2 eggs	2 teaspoons baking powder

Cream peanut butter, shortening, and brown sugar, add beaten eggs, flavoring, and sifted dry ingredients. Roll out very thin and cut with a small cutter. Bake in a hot oven. Time in oven, 10 minutes. Temperature, 400°. Servings, 84.

PEANUT COOKIES

1 tablespoon butter or other shortening	$\frac{1}{2}$ cup flour
2 tablespoons sugar	$\frac{1}{2}$ teaspoon baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
2 tablespoons milk	$\frac{1}{2}$ cup chopped peanuts

Cream shortening, add sugar, well beaten egg, milk, and flour which has been mixed and sifted with baking powder and salt. Add chopped peanuts last. Drop from a teaspoon on greased tins. Bake in a moderately hot oven.

Time in oven, 12 minutes. Temperature, 375°. Servings, 36.

FILLED PINEAPPLE COOKIES

$\frac{1}{2}$ cup shortening	2 cups flour
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons baking powder
2 eggs	1 teaspoon cinnamon
2 tablespoons milk	1 tablespoon sugar
1 teaspoon vanilla	

Cream shortening, and add sugar, and eggs well beaten. Add milk, vanilla, and flour which has been mixed and sifted with baking powder. Just enough flour should be used to

make a dough as soft as can be rolled out. Chill, roll thin and cut with a cooky cutter. Put a spoonful of filling on half the rounds, cover with others, and press down edges. Sprinkle with sugar and cinnamon. Bake in a moderately hot oven. Pineapple Filling (see page 201).

Time in oven, 10 minutes. Temperature, 370°. Servings, 20.

SCOTCH COOKIES

$\frac{2}{3}$ cup sugar	1 cup butter or margarine
2 cups flour	$\frac{1}{2}$ teaspoon almond extract
1 teaspoon salt	

Mix dry ingredients and sift three times. Work in shortening with fingers. Add flavoring. Make into a roll three inches in diameter. Let stand in a cold place until firm enough to slice. With a sharp knife cut in thin slices. Bake in a slow oven until delicately browned.

Time in oven, 8 minutes. Temperature, 300°. Servings, 36.

SEED CAKES

$\frac{1}{2}$ cup shortening	2 tablespoons caraway seed
1 cup sugar	3 cups flour
$\frac{3}{4}$ cup sour cream	$\frac{1}{4}$ teaspoon soda
$\frac{1}{4}$ cup water	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon rose extract	$\frac{1}{2}$ teaspoon salt

Cream shortening and sugar. Add sour cream, water, extract and caraway seed. Add sifted dry ingredients and mix well. More flour may be necessary to roll. Roll out, cut in squares, and bake in a moderately hot oven.

Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

SOUR CREAM COOKIES

1 egg	$\frac{3}{8}$ teaspoon soda
1 cup sugar	$1\frac{1}{2}$ teaspoons baking powder
$\frac{3}{4}$ cup sour cream	$\frac{1}{4}$ teaspoon salt
2 cups flour	

Beat egg well, add sugar and cream, then dry ingredients sifted together. Drop by teaspoonfuls an inch apart on a greased cooky sheet. Bake in a moderate oven.

Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

SUGAR COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon vanilla
2 cups flour	

Beat butter till creamy, add sugar, beaten eggs, then sifted dry ingredients and vanilla. Roll very thin and cut in rounds or fancy shapes. Place a whole date, blanched almonds or raisins on the cookies and bake in a moderately hot oven.

Time in oven, 15 minutes. Temperature, 375°. Servings, 30.

SURPRISE COOKIES

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon soda
$\frac{3}{4}$ cup sugar	1 teaspoon baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sour cream	2 cups flour

Cream butter, add sugar, egg well beaten and the sour cream. Mix and sift dry ingredients and add to first mixture. Roll to a quarter of an inch in thickness and cut in small rounds. On half the rounds put a bit of jelly or raisin filling or half a stewed prune. Cover with remaining rounds and press edges together and bake in a moderately hot oven.

Time in oven, 12 minutes. Temperature, 375°. Servings, 18.

TIPPERARY COOKIES

$\frac{1}{2}$ cup shortening	3 cups flour
1 cup sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
1 cup milk	1 teaspoon lemon extract

FILLING

1 cup sugar	1 cup boiling water
2 tablespoons flour	2 tablespoons lemon juice
1 cup chopped figs	1 cup chopped walnuts

Make filling first; mix sugar, flour, and figs, add boiling water. Cook until thick, when cold add lemon juice and nuts. Make cooky dough by combining shortening, sugar, egg beaten, and milk. Add dry ingredients sifted together and flavoring. Add more flour if necessary to make a soft dough for rolling. Roll very thin, cut in desired shapes, wet edges with cold water, put a teaspoonful of filling on half the pieces and cover with the others. Bake in a moderate oven.

Time in oven, 10-12 minutes. Temperature, 325°. Servings, 24.

WALNUT PATTIES

$\frac{1}{4}$ cup butter	$\frac{2}{3}$ cup flour
1 cup brown sugar	1 cup chopped nuts
1 egg	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	

Cream butter and add sugar, beat in egg, and salt, then fold in flour and nuts. Add flavoring and beat hard. Drop by teaspoonfuls on a buttered sheet. Bake in a moderate oven. Time in oven, 30 minutes. Temperature, 300°. Servings, 36.

WELSH CAKES

4 cups flour	1 cup shortening
1 cup sugar	1 cup currants
4 teaspoons baking powder	2 eggs
1 teaspoon salt	1 cup evaporated milk

Sift dry ingredients, work in shortening, add currants, beaten eggs, and milk. Mix like biscuits, pat to one-half-inch thickness and cut in squares. Bake in hot oven.

Time in oven, 12 minutes. Temperature, 425°. Servings, 48.

YUM-YUM STICKS

1 cup sugar	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup melted shortening	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{4}$ teaspoon vanilla
2 ounces unsweetened chocolate	$\frac{1}{4}$ cup chopped walnuts
	$\frac{1}{4}$ cup seeded raisins

Mix sugar and shortening, add egg slightly beaten, then chocolate which has been melted and cooled, flour sifted with salt, vanilla, chopped nuts, and raisins cut in halves. Spread evenly on well-greased baking sheet. Bake in a moderate oven, and cut in strips about three inches long and an inch wide.

Time in oven, 20 minutes. Temperature, 325°. Servings, 18.

GINGERBREAD

ADA'S FAMOUS GINGERBREAD

2 tablespoons molasses	1/4 teaspoon ginger
2 tablespoons melted butter	1 egg
1 cup sugar	1 cup sour milk
1 teaspoon salt	1 teaspoon soda
1 teaspoon cinnamon	2 cups flour
1/2 teaspoon clove	

Add molasses and butter to sugar. Add salt and spices and stir together. Add egg well beaten, milk, soda and flour sifted together. Pour into greased tin. Bake in a moderate oven.

Time in oven, 40 minutes. Temperature, 350°. Servings, 15.

CHOCOLATE GINGERBREAD

1/2 cup sour milk	1 1/2 teaspoons soda
1 cup molasses	2 cups flour
1 teaspoon ginger	4 tablespoons grated chocolate
1/2 teaspoon mace	
1/2 teaspoon cinnamon	1/2 cup seeded raisins
1/2 teaspoon salt	

Mix liquids. Combine all other ingredients. Then add liquid. Pour mixture in greased and floured cake tin and bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 10.

HOT WATER GINGERBREAD

$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups flour
$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon cinnamon
1 cup molasses	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon soda

Cream sugar and shortening. Add boiling water, molasses, egg, and sifted dry ingredients. Mixture is very thin. Put into a greased pan and bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

LANCASTER GINGERBREAD

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
3 cups flour	$\frac{1}{2}$ cup shortening
2 teaspoons soda	1 cup molasses
$\frac{1}{2}$ teaspoon ginger	1 cup sour milk
$\frac{1}{2}$ teaspoon clove	2 eggs

Mix and sift dry ingredients. Melt shortening, add molasses, sour milk, and eggs. Beat all together until light and smooth. Bake in angel-cake pan in a moderate oven.

Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

PRUNE GINGERBREAD

2 cups flour	1 cup molasses
2 teaspoons soda	1 cup sour milk
$\frac{1}{2}$ teaspoon salt	1 cup chopped prunes
2 teaspoons ginger	4 tablespoons melted drippings
1 teaspoon cinnamon	

Mix and sift dry ingredients, add molasses, sour milk, prunes and drippings, beat well; pour into shallow pan. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

CEREALS

Points to Remember about Cereals

Cereal products, taken as a whole, furnish greater nutritive value for a given expenditure than any other class of food.

The most widely distributed breakfast cereals in our country are wheat, oats, and corn. We are familiar with them as whole grains, in cracked form, made into flakes, or ground into grits or meal. Barley, rye, and rice also appear on the breakfast table. Many of the prepared cereals are combinations of different grains.

Rice is extensively used in combination with meat, cheese, or vegetables as a main dish for luncheon or dinner, and also has a place in the making of desserts.

Macaroni and spaghetti are flour products belonging in the cereal class. They are used chiefly like rice in the preparation of luncheon dishes.

Whole grains and those containing the bran coating are particularly valuable in the dietary because they furnish minerals and vitamines that are not found in the highly refined products.

Cereals should be very thoroughly cooked in order to break open the starch cells. All starchy foods are difficult of digestion unless the cell walls are broken down in preparation. It is especially important to consider this point in preparing cereals for babies.

The fireless cooker is an ideal device in which to prepare cereals. A double boiler gives equally good results and if used over a simmering burner is not extravagant of fuel. Cereals may be cooked more quickly by boiling, but the danger of burning makes constant watching necessary.

Before the cereal mixture is put into the fireless cooker or double boiler, it should be brought to the boiling point and cooked with constant stirring until slightly thickened.

To prevent lumping, the dry cereal should be sprinkled slowly into rapidly boiling water or mixed with a little cold water before the boiling water is added.

Left-over cereal may be molded in small cups and served as dessert with fruit, whipped cream, or a sweet sauce. Or it may be molded in a loaf, sliced, sautéed in fat, and served with sugar or syrup.

A GOOD BREAKFAST CEREAL

1 cup bran	1 quart water
1 cup rolled oats	$\frac{1}{4}$ cup farina
1 teaspoon salt	

Add the bran and oats to the salted boiling water, and cook in a double boiler four hours. Then add the farina and continue the cooking for one hour more. Servings, 10.

CORN MEAL MUSH

1 cup corn meal	1 cup cold water
1 teaspoon salt	3 cups boiling water

Mix together corn meal, salt, and cold water, add boiling water and stir until smooth and boiling. Cook in a double boiler three hours or more. Serve with whole milk, or butter and syrup, for breakfast, luncheon or supper. Servings, 6.

HOMINY

1 cup hominy grits	Salt to taste
4 cups water	

Add the hominy grits to the four cups of salted water. Cook for twenty-five minutes directly over the blaze, stirring constantly, or for forty-five minutes in a double boiler. Longer cooking destroys the flavor. Servings, 6.

SAMP

1 cup samp	Salt to taste
1 quart water	

Wash samp and soak over night in the water. Next day cook gently in the same water for five hours. A double boiler is best for the process. Do not boil, because hard cooking makes samp tough. It can be used as a cereal or as a vegetable. Cooked in a casserole mixed with cheese, or meat, or tomato, it is delicious. Servings, 6.

CONFECTIONS

Facts to Remember in Candy Making

For uniform results in candy making a thermometer is indispensable. A test made by dropping a little of the syrup in cold water serves to some extent as a guide, but even in the hands of an experienced candy maker it is necessarily more or less inaccurate.

The following table gives the cold water test for sugar syrup and the corresponding degree on the thermometer.

Fudge, Penuchi, Opera Maple Cream	236° or 238° F	Soft ball or thread
Fondant	238° F	" " " "
Caramels	246° or 248° F	Firm ball
Taffies	265° or 270° F	Hard ball
Butter Scotch	290°	Crack or brittle
Clear hard candies	300° or 310° F	Hard crack

The candy kettle should have a perfectly smooth inner surface and be preferably of heavy material so that the syrup will not stick and scorch.

To prevent the graining of candies like fudge, penuchi and fondant, which ought to be creamy in texture, the syrup should be cooled until lukewarm before it is beaten.

A clear cool day is best for candy making.

GRILLED ALMONDS, CALIFORNIA STYLE

1 cup almonds	2 tablespoons orange juice
1 cup sugar	2 tablespoons lemon juice

Blanch almonds and dry them thoroughly. Boil sugar and fruit juices until the syrup forms a long thread when dropped from a spoon. Add almonds and let cook to hard crack stage. Remove instantly and stir until it sugars. Cool and separate the almonds to which the sugar will cling irregularly.

APPLE ALLIES

2 cups sugar	1 cup water
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Bring sugar and water to a boil. Drop in pieces of pared, cored, and sliced apple. Allow to cook until transparent and tender enough to pierce with a straw. Take from the syrup and drain. Dry for a day on waxed paper or a platter and roll in granulated sugar.

BABY CREAM CANDY

$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup cream
2 $\frac{1}{2}$ cups sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon cream of tartar	1 cup nuts

Put water with sugar and cream of tartar and boil to hard ball stage, add cream slowly so candy will not stop boiling. Pour out on buttered marble or platter, put vanilla and nuts on top, let cool and pull. Pull until white and firm. Cut in pieces. Standing for a week in an air tight receptacle makes it ideally creamy.

PUFFED RICE CARAMELS

1 cup sugar	$\frac{1}{3}$ cup water
1 cup corn syrup	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cream or evaporated milk	1 teaspoon vanilla

Boil all ingredients, except rice, together without stirring until a firm ball forms in cold water. Remove from fire, flavor, and stir in lightly and quickly crisp puffed rice. Turn at once into a greased pan and spread to three-fourths inch in thickness. Cut in squares when cool.

ROLLED CARAMELS

$\frac{1}{2}$ cup sugar	3 tablespoons evaporated milk
3 tablespoons corn syrup	
$\frac{1}{2}$ cup heavy cream	$\frac{1}{8}$ teaspoon salt

1 teaspoon vanilla

Combine ingredients and cook until the mixture forms a firm ball when tried in cold water; remove from stove, add one teaspoon vanilla and pour into a large buttered pan. Have

the caramel very thin. When cold, remove from pan to a pastry board, cover with a thin layer of peanut butter and roll up like a jelly roll, pressing the outer edge down firmly when finishing. With a sharp knife cut off little slices and wrap in a waxed paper.

CARROT FONDANT

1 carrot	Flavoring
Powdered sugar	

Cook one large carrot until very soft. Mash and cream. Stir in sugar until of consistency to be easily handled. Form into small, even, attractive shapes after flavoring with lemon or orange. Nuts, raisins, or cocoanut may be added for variety.

CHINATOWN ALMOND SQUARES

½ pound almonds	½ teaspoon vinegar
2 cups sugar	4 drops almond extract
1 cup water	½ lemon

Blanch almonds and brown slightly in a buttered shallow pan in oven. Boil sugar and water eight minutes, then add vinegar and boil until brittle when dropped in water. Add extract and pour over almonds. Use the one-half lemon to press down candy evenly in pan. Cut before it hardens.

DIPPED CHOCOLATE FRUIT

2 dozen dates	Dipping chocolate
Preserved ginger	

Stuff dates with pieces of preserved ginger, dip into melted chocolate, drain on waxed paper and let dry until firm. Temperature of chocolate for dipping should not be over 80 degrees F.

UNCOOKED CHOCOLATE ORANGE CREAM WAFERS

¼ pound bitter chocolate	¾ cup finely cut crystallized
1 ¼ cups confectioners' sugar	orange peel
	¼ pound sweet chocolate

Melt the bitter chocolate in a double boiler and spread with a knife on heavy waxed paper on which has been drawn an oblong, six inches by twelve inches. To the confectioners' sugar add one teaspoon grated orange peel, and two tablespoons juice (enough to moisten the sugar so that it will spread without running). Add the crystallized orange peel and when the oblong of chocolate is hard spread on it the orange mixture as evenly as possible. Melt the sweet chocolate and spread on another sheet of waxed paper, making an oblong the same size as the first. Turn the first sheet face down on this melted chocolate and press with the hand over the wrong side of the paper. When the chocolate is hard pull off the papers and cut the candy in squares to serve as a confection. This is really a very simple process, and the wafers are delicious, something one cannot buy at a candy shop.

COCOANUT DREAMS

1½ cups sugar	⅓ cup shredded cocoanut
½ cup milk	⅓ cup chopped nuts
2 teaspoons butter	

Cook sugar and milk until a soft ball forms. Add butter and cocoanut and stir until creamy. Add nuts and drop from a teaspoon on a waxed paper.

DE LEON CREAMS

2 cups sugar	¼ teaspoon cream of tartar
1 cup water	½ cup candied orange peel

Put sugar, water, and cream of tartar in a kettle on the stove. Stir gently until sugar is dissolved. Cook to soft ball stage. Turn out on buttered platter (do not scrape kettle). Leave to cool until it will show the imprint of finger, then beat until creamy. Work in the finely chopped orange peel, let stand until quite cool. Form into rolls about one inch thick. Roll in more chopped peel and slice. Set in a cool place before serving.

FIG CANDY

2 tablespoons gelatine	1 cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup water
1 lemon	1 cup nuts
1 orange	1 cup figs, raisins or dates

Soak gelatine in one-half cup cold water, and add juice of lemon, and juice and grated rind of orange. Heat sugar in one-half cup water and when boiling add gelatine and fruit juices. Boil ten minutes, add nuts and fruit and boil ten minutes more. Stir constantly. Pour into buttered pan. Let stand overnight. Cut in squares.

FRUIT ROLLS

1 cup raisins	Powdered sugar
1 cup walnuts	Shredded cocoanut
$\frac{1}{4}$ cup crystallized ginger	

Chop raisins, walnuts, and ginger. Knead on a board dredged with powdered sugar and form into long thin rolls. Coat with cocoanut and set in a cold place until firm.

MAPLE CREAMS

2 $\frac{1}{2}$ cups maple syrup	$\frac{1}{4}$ cup marshmallow cream
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Boil syrup until it forms a firm ball when tried in cold water. Remove from fire and allow it to cool, add marshmallow and beat until creamy and almost stiff. Drop by teaspoons on waxed paper. If the mixture hardens before all the bonbons are out melt over the fire, stirring all the time, until soft enough to drop and yet hold its shape.

PEPPERMINT CANDY

2 cups granulated sugar	$\frac{1}{4}$ teaspoon soda
$\frac{3}{4}$ cup boiling water	$\frac{1}{4}$ teaspoon peppermint extract
1 tablespoon butter	
1 tablespoon vinegar	

Stir together all ingredients except extract, let boil until it cracks when dropped in cold water. Add extract and beat until creamy. Pour into a buttered tin, cut into squares.

POPCORN BALLS

Boil two cups molasses or maple syrup until it cracks when tried in cold water, pour over two quarts popped corn. Shape into balls quickly.

SAN FRANCISCO PRALINES

2 cups brown sugar	$\frac{3}{4}$ cup roasted almonds
1 cup water	$\frac{3}{4}$ cup pecan meats

Boil sugar and water slowly until a soft ball forms when tried in cold water. Add nuts and stir mixture until it begins to look cloudy. Pour into very small buttered muffin pans or molds and cool.

SIERRA TURKISH DELIGHT

2 cups apricot pulp	1 teaspoon cornstarch
1½ cups powdered sugar	3 teaspoons lemon juice
	Granulated sugar

Apricot pulp is made by straining stewed apricots through a coarse strainer. Add sugar, cornstarch mixed with lemon juice and cook until stiff. Cool and pour on to a well sugared board. Allow to become firm, cut into squares and coat over with granulated sugar. Wrap in waxed paper if desired.

ENGLISH TOFFEE

$\frac{1}{2}$ pound white sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ pound brown sugar	3 ounces butter
$\frac{3}{4}$ pound corn syrup	Flavoring
1¼ cups thin cream	Nuts or fruit

Mix all ingredients except butter, which is added just before removing from stove. Cook until it forms a hard ball when tried in cold water, add one-half teaspoon of lemon or any flavoring preferred, and one cup of chopped walnuts, peanuts, or fruit, or one-half cup of shredded cocoanut. Pour into a buttered pan and when cold cut into long narrow bars and wrap in waxed paper.

FUDGE

ALMOND FUDGE

$\frac{1}{2}$ cup cocoa	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon potato flour	$\frac{1}{2}$ cup almond paste
2 cups sugar	1 tablespoon butter
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoon salt

Mix cocoa, potato flour, and sugar thoroughly. Add milk and cook until a soft ball forms in cold water. Cool, beat until creamy. Vanilla, almond paste, butter, and salt are added just before beating. Drop from teaspoon or pour into a deep square tin. This makes an excellent filling for dates.

ALMOND MARSHMALLOW FUDGE

2 cups sugar	1 teaspoon vanilla
2 squares chocolate	$\frac{1}{2}$ cup almond paste
$\frac{1}{2}$ cup rich milk	1 cup marshmallow
Speck salt	Powdered sugar

Cook sugar, chocolate, and milk until soft ball is formed in cold water. Add salt and flavoring and cool before beating. Pour half of fudge into a deep buttered tin, spread with paste made from almond paste, marshmallow cream, and powdered sugar. Melt the remaining fudge a little to soften, and pour over the marshmallow paste. Cool on ice before cutting.

BETTER FUDGE

$\frac{7}{8}$ cup water	$\frac{1}{2}$ tablespoon cornstarch
2 ounces chocolate	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$\frac{1}{2}$ cup walnuts
2 cups sugar	

Measure all ingredients accurately, put in a saucepan and boil until it reaches the soft ball test. Try often to prevent too much cooking. Cool until lukewarm, add nuts and then beat until it thickens. It will be quite sticky, but when it almost holds its shape pour quickly into buttered pans. When firm cut into squares.

BROWN SUGAR FUDGE WITH DATES

2 cups brown sugar	2 teaspoons corn syrup
$\frac{1}{2}$ cup milk	2 tablespoons butter
2 squares chocolate	1 cup dates

Cook all ingredients except dates until a soft ball forms when tried in cold water. Beat until creamy and add one cup dates cut in small pieces. Pour into a buttered pan and mark in squares.

CHOCOLATE FUDGE

(Inexpensive fudge which keeps soft for several days)

2 cups sugar	$\frac{1}{2}$ teaspoon vanilla
2 squares chocolate	$\frac{2}{3}$ cup nut meats
$\frac{2}{3}$ cup milk	

Boil sugar, chocolate, and milk until a soft ball forms when tried in cold water. Remove from stove, let stand one hour, then add one teaspoon of vanilla. Beat until creamy and add two-thirds cup of broken nuts and pour into lightly buttered pan. Mark in squares.

COMMONWEALTH FUDGE

4 squares chocolate	1 tablespoon butter
1 pound confectioners' sugar	1 small can marshmallow whip (5 ounces)
1 6 ounce can evaporated milk	

Grate chocolate and add to sugar. Add milk and butter. Bring to boiling point and boil gently for ten minutes, stirring almost constantly to prevent sticking. Remove from fire, add marshmallow cream a little at a time, and beat until creamy. Pour into a buttered pan and mark in squares.

GINGER FUDGE

$\frac{1}{2}$ tablespoon butter	$\frac{1}{4}$ cup crystallized ginger
1 cup milk	$\frac{1}{2}$ cup shredded cocoanut
2 cups sugar	

Put the butter, the milk and sugar into a saucepan and cook until a soft ball forms when a little is dropped in cold water. Remove from the fire, set in cold water and when cooled beat until creamy. Add ginger and cocoanut and pour into a buttered pan. Cut in squares.

PENOCHÉ

ATLANTIC CITY PENOCHÉ

2 tablespoons pulverized coffee	1 cup rich milk or cream
2 cups sugar	1 tablespoon butter 1 cup chopped walnuts

Stir pulverized coffee into dry sugar, add milk and boil to soft ball stage. Add butter and nuts, stir until candy thickens. Pour into a buttered dish and cut into squares.

PEANUT PENOCHÉ

2 cups brown sugar	$\frac{1}{2}$ cup peanut butter
$\frac{2}{3}$ cup milk	

Mix sugar and milk in a saucepan and boil to the soft ball stage. Remove from fire, add peanut butter and beat until thick. Pour into a buttered pan and cut in squares.

CONSERVES, JAMS AND JELLIES

Conserves, jams, and jellies should be poured while boiling hot into hot sterilized jars or glasses, and as soon as cold covered with hot paraffin.

APRICOT CONSERVE

1 pound dried apricots	3½ cups sugar
1 can pineapple	1 cup blanched almonds

Soak apricots overnight in cold water to cover. Cook until tender. Add pineapple cut in cubes (crushed pineapple may be used if preferred) and juice from the pineapple. Add sugar and cook slowly until of the desired consistency. Add blanched almonds broken in two.

CRANBERRY CONSERVE

1 quart cranberries	4 cups sugar
2 cups cold water	2½ cups boiling water
1 grapefruit	1 cup chopped nut meats
1 cup raisins	

Run cranberries through food-chopper, add cold water and cook until soft. Add grapefruit and raisins finely chopped, sugar, and boiling water. Cook slowly until thick. Add nuts.

CURRENT AND PINEAPPLE CONSERVE

1 quart red currants	1 orange
2 cups crushed pineapple	4 cups sugar

Wash and stem currants. Grate rind of orange and extract juice. Mix all ingredients and cook slowly until thick.

DATE CONSERVE

2 cups dates	½ cup sugar
3 cups water	¼ cup lemon juice
1 orange	

Wash and stone dates, add water and cook until soft. Rub through a coarse strainer. Slice orange very thin, add with sugar and lemon juice to date pulp. Cook slowly until orange rind is tender.

GINGER-PEACH CONSERVE

1 cup cooked dried peaches	1 orange (juice and grated rind)
1 cup seeded raisins	$\frac{1}{4}$ cup sugar
$\frac{3}{4}$ cup boiling water	1 tablespoon preserved ginger

Chop peaches and raisins and cut ginger fine. Cook all ingredients together in double boiler until of the consistency of jam.

GRAPE CONSERVE

7 pounds grapes	1 pound raisins
7 pounds sugar	1 pound walnuts

Wash grapes and remove the pulp. Cook pulp and remove the seeds by putting through a sieve. Chop skins and nuts separately. Mix pulp and sugar. Add chopped skins and whole raisins and cook until thick. Add nuts and boil five minutes more.

MID-WINTER CONSERVE

3 cups canned red cherries	1 lemon
2 cups grated pineapple	3 cups sugar
2 oranges	$\frac{3}{4}$ cup walnut meats

To the canned fruits add juice and grated rind of oranges, juice of lemon, and sugar. Cook until thick. Add nut meats just before taking from stove.

ORIENTAL CONSERVE

1 cup dried apricots	1 lemon (juice)
5 cups cold water	1 cup sugar
2 cups chopped dates	$\frac{1}{2}$ cup English walnuts (chopped)

Cover apricots with two cups of the cold water, soak overnight and cook until soft, adding more water if necessary. Cook dates with the three cups water until soft. Add apricots, lemon juice, and sugar, and cook slowly until thick. Add nuts.

PEACH CONSERVE

4 pounds ripe peaches	$\frac{1}{2}$ pound raisins
1 pound crushed pineapple	1 cup of sugar to every cup of fruit
1 lemon	
1 orange	$\frac{1}{2}$ pound almonds

Blanch and cold-dip peaches and remove skins. Add pineapple (either fresh or canned); add lemon and orange sliced thin, and raisins. Cook until thick. Measure cooked fruit and add one cup of sugar to every cup of fruit. Add the almonds which have been blanched and shredded. Cook again until thick.

PRUNE CONSERVE

3 cups cooked prunes, stoned	2 cups sugar
1 cup seeded raisins	2 cups water
2 oranges (juice and pulp)	

Chop prunes and raisins, add remaining ingredients and cook until thick.

JAMS

JELLIED CHERRY JAM

1 grapefruit	$2\frac{1}{2}$ cups sugar
2 cups canned red cherries	$\frac{1}{2}$ cup pectin

Remove pulp and juice from grapefruit, add cherries and sugar. Cook together for ten minutes. Then add pectin and boil rapidly for five minutes.

PEACH JAM

2 cups dried peaches	2 cups brown sugar
$\frac{1}{2}$ teaspoon cinnamon	1 cup blanched almonds

Soak peaches overnight in cold water. Put through food chopper. To the peach pulp add cinnamon and sugar, and cook until thick. Add almonds shaved in thin slices and cook three minutes more.

GINGER PEAR JAM

2½ cups canned pears	1½ cups sugar
½ cup crystallized ginger	½ cup pectin
2 lemons	

Chop pears, add finely cut ginger, juice and grated rind of lemons, and sugar. Cook slowly for ten minutes. Add pectin and boil rapidly for five minutes.

PINEAPPLE JAM

3 cups chopped pineapple and juice	1 cup brown sugar
¾ cup orange juice	½ cup blanched and roasted almonds

Mix pineapple, orange juice, and sugar. Cook until the pineapple is transparent and a thick syrup is formed. Add chopped almonds and cook three minutes longer.

STRAWBERRY AND PINEAPPLE JAM

2 cups grated pineapple	3 cups sugar
2 cups canned strawberries	½ cup pectin
3 tablespoons lemon juice	

Mix fruits and sugar and boil gently for ten minutes. Add pectin and boil rapidly for five minutes.

GRAPE JELLY

Equal quantities of ripe and green grapes	1 pound sugar to each pint of juice
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Wash and remove stems from grapes, add one-half cup water to each pound and mash. Boil twenty minutes, strain without squeezing and boil the juice twenty minutes. Heat sugar while the juice is boiling and add it to the juice. Boil until a little dropped on a cold plate will jelly.

GRAPEFRUIT JELLY

Pulp of grapefruit	½ cup cold water
½ cup sugar	1 pint boiling water
2 tablespoons gelatine	2 tablespoons lemon juice

Remove all the membrane from the grapefruit pulp, especially the white inner skin. Let sugar stand on the pulp to bring out the juice. Soak gelatine in cold water and dissolve in boiling water. Chill and when thoroughly cold add grapefruit, lemon juice, and mold. Serve with cold meats.

OCTOBER JELLY

1 peck grapes	4 tablespoons whole cloves
1 quart vinegar	$\frac{1}{4}$ cup stick cinnamon
4 medium sized sour apples	Brown sugar

Wash grapes, remove stems, and crush. Put them into an agate or aluminum kettle with all the ingredients except sugar. Simmer until the fruits are soft, then strain through a jelly bag. Measure the juice and measure an equal amount of sugar. Cook juice twenty minutes, add sugar and boil until a little dropped on a cold plate will jelly.

DESSERTS

The choice of dessert is one of the most perplexing questions for the menu-maker to decide. In its proper function it is intended to make the meal more attractive and to complete it from dietary standards. It is the character of the dessert that is most likely to be disregarded. Too often a heavy dessert is added to a meal already high in food value just because we have acquired the habit of ending a meal with a sweet. It is important that the menu-maker have at her command a large number of ideas for desserts to enable her to maintain a proper balance in meals of widely differing nature.

COLD DESSERTS

Facts to Remember When Making Cold Desserts

GELATINES

Any liquid may be used as the foundation of gelatine desserts. Milk, coffee, cocoa, tea, milk partially thickened with eggs or starch, and fruit juices and syrups of various kinds offer an almost endless variety of combinations.

Gelatine should always be softened in cold liquid and then dissolved in hot liquid or over hot water.

A gelatine dessert should be just stiff enough when cold to hold its shape. If too heavy with gelatine it is rubbery and unappetizing.

The amount of gelatine depends upon the time that can be allowed for cooling, the temperature at which the mixture stands and the acidity of the liquid. Without ice, from twelve to twenty-four hours is necessary. With ice or in cold weather, gelatine mixtures will stiffen in from one to three hours, depending upon the size of the mold. Increasing the gelatine decreases the time. A mixture containing the juice of a citrus fruit or tomato juice requires a third more gelatine than other mixtures.

Raw pineapple acts upon gelatine in such a way as to prevent it from solidifying. The difficulty may be avoided by cooking the pineapple before the gelatine is added.

A gelatine mixture which has thickened to the consistency of egg white behaves much like egg white when it is beaten — its texture and color are changed and it becomes what is called a sponge. The texture may be further modified by folding in beaten egg whites. If whipped cream is added to the sponge it is called Bavarian cream.

CUSTARDS

The most important points to remember in cooking custard desserts are that the temperature must not be too high and the mixture must not cook too long. Baked custards should be set in a pan of water in the oven. Soft custard is most successfully made in a double boiler. It should be stirred constantly.

A custard is milk thickened with egg and sweetened and flavored in various ways. It is a popular dessert made in many forms.

Custard may be baked in the oven or cooked over hot water. The latter variety is called soft or "boiled" custard.

The consistency of a custard depends upon the proportion of egg to milk. One egg will thicken a cup of milk to make a thin soft custard or a custard baked in individual cups. For a thick custard or a custard that can be baked in a large mold more egg is necessary. A little cornstarch or flour may be substituted for part of the egg.

BLANC-MANGES

Blanc-manges are made with a liquid foundation, usually all or part milk, thickened with some form of starch. Cornstarch is most commonly used. Many variations are possible by the addition of different ingredients.

A blanc-mange requires at least fifteen minutes cooking after it has thickened, to make the starch palatable and easy to digest.

Two tablespoons of cornstarch to a cup of milk is the correct proportion for a plain blanc-mange that will hold its shape when molded and yet be delicate in texture.

ALOHA CREAM

$\frac{1}{2}$ cup rice	1 cup crushed pineapple
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup heavy cream

Cook rice in boiling salted water. Drain and pour cold water over to separate the kernels. Cool, add sugar and pineapple. Let stand in a cold place for an hour. Fold in cream which has been beaten until stiff and serve very cold. Servings, 6.

ALPHINE PUDDING

2 tablespoons gelatine	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup orange juice
1 cup boiling water	2 egg whites
$\frac{1}{2}$ cup sugar	

Soften gelatine in the cold water and dissolve with boiling water, add sugar and fruit juice, cover, and set in a cold place until slightly thickened. Then beat until frothy, add the beaten egg whites and continue beating until mixture is stiff enough to hold in shape. Pour into molds, chill thoroughly, and serve with Yellow Sauce (see page 165). Servings, 6.

APPLE BLANC-MANGE

1 pint milk	Lemon rind
2 tablespoons sugar	2 tablespoons cornstarch
1/4 teaspoon salt	1/2 to 1 cup apple sauce

Heat milk, sugar, salt, and lemon rind to scalding, add cornstarch dissolved in a little cold milk and cook ten minutes. Remove lemon rind and add the mixture to apple sauce, stirring well together. Mold and chill. Serve with cream. Servings, 5.

APPLE CREAM SOUFFLE

1/2 cup butter	1 cup cream
Sugar	1 pint apple sauce
3 eggs	Nutmeg

Cream butter and add sugar gradually. Add slightly beaten eggs, the cream, apple sauce, and nutmeg. Bake in individual cups in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SCALLOPED APPLES

5 apples (pared and cored)	1 teaspoon cinnamon
1/2 cup sugar	1/2 teaspoon salt
2 tablespoons butter	2 cups fine bread crumbs
2 eggs	

Boil the apples to a pulp, adding sugar. Stir the butter, beaten eggs, cinnamon, and salt into the apple sauce. Grease a baking-dish and put in one layer of crumbs, then a layer of apple pulp, and so on until all the apple is used. Cover the top with crumbs and bake in a moderate oven. Serve with cream or Custard Sauce (see page 162).

Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

APPLE GELATINE

2 tablespoons gelatine	Water or sweet cider
½ cup cold water	1 cup sugar
6 tart apples	1 lemon (juice)
½ lemon (rind)	

Soak gelatine in cold water. Cook quartered apples with lemon rind and water or sweet cider to cover. Press through a sieve and add sugar and lemon juice. Add gelatine and when dissolved pour into mold. Serve with plain or whipped cream. Servings, 6.

APPLE ROYAL

8 apples	1 tablespoon gelatine
½ lemon	½ cup blanched almonds
1½ cups sugar	1 tablespoon ginger
1½ cups water	

Pare and core the apples and rub them over with the lemon. Bring the sugar and water to the boiling point and cook the apples in it a few at a time until they are tender but not broken. Place in a cooking dish and stick in the almonds, sprinkle with sugar and set in a hot oven to brown quickly. Soften the gelatine in cold water and dissolve with the boiling syrup that remains. Remove the apples to the serving dish. Squeeze any remaining juice from the half lemon into the syrup and pour around the apples. Set aside until the gelatine stiffens mixture and serve very cold.
Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

APPLE SCALLOPED WITH BANANA

2 large tart apples (sliced)	2 tablespoons sugar
2 bananas (sliced)	2 tablespoons butter
1 orange (juice)	

Butter baking dish, put in a layer of apples, cover with the bananas, sprinkle with some of the orange juice and sugar. Dot with part of the butter and cover with rest of sliced

apples. Then sprinkle with rest of sugar and orange juice, and add remainder of butter.

Time in oven, 40 minutes. Temperature, 350°. Servings, 4.

APPLE SURPRISE PUDDING

6 medium apples

2 tablespoons butter

1 cup sugar

Pare apples and slice very thin. Put a layer of slices in a greased baking dish, sprinkle liberally with sugar, then add another layer of apple slices. Repeat until apples and sugar are all used. The top layer should be sugar. Dot this layer with butter. Cover dish and bake in a moderate oven. When cold, it will turn out like a mold of jelly. Delicious with whipped cream.

Time in oven, 2 hours. Temperature, 300°. Servings, 6.

APRICOT CHARLOTTE

1 tablespoon granulated
gelatine
 $\frac{1}{8}$ cup cold water
 $\frac{1}{3}$ cup boiling water

1 lemon
1 cup sugar
1 cup strained apricot
3 egg whites (stiffly beaten)

Wash one-fourth pound dried apricots, cover with cold water, and soak over night. Cook in same water until soft, adding more if necessary, then rub through purée strainer.

Soak gelatine in cold water, add boiling water, lemon juice, sugar, and strained apricot. Cool, and when jelly begins to thicken, beat until light, then add egg whites, and continue beating until mixture holds its shape. Chill and serve with whipped cream. Servings, 6.

APRICOT CHARLOTTE RUSSE

1 tablespoon granulated
gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{3}$ cup sugar

2 teaspoons lemon juice
1 cup apricot pulp
1 cup heavy cream
Lady fingers

Soften gelatine in cold water and dissolve in boiling water. Add sugar, lemon juice, and apricot pulp. Let stand until

it begins to stiffen. Fold in stiffly beaten cream and turn into mold, which has been lined with lady fingers. Serve with whipped cream. Servings, 8.

APRICOT DAINTY

$\frac{1}{2}$ pound dried apricots	1 cup marshmallows
Sugar to taste	Cocoanut or chopped walnuts

Soak apricots over night in cold water to cover and cook until tender. Mash and add sugar to taste. Cool apricots slightly, add marshmallows and fold in when they melt. Put in sherbet glasses and over the top sprinkle cocoanut or chopped nuts. This makes an inexpensive and delicious dessert and is quickly prepared. Servings, 4.

APRICOT AND RICE MOLDS

$\frac{2}{3}$ cup rice	1 cup dried apricots
2 quarts boiling water	$\frac{1}{2}$ cup corn syrup or honey
2 teaspoons salt	$\frac{1}{2}$ cup apricot liquor

Boil rice twenty minutes in salted water, drain, and rinse with cold water. Pack in a large mold lined with waxed paper or in individual molds which have been wet with cold water and let stand several hours.

Soak apricots over night in cold water to cover. Cook syrup or honey and juice from the apricots until quite thick. Add the apricots and cook until soft. Arrange the fruit around the mold of rice, pour syrup over all and garnish with whipped cream or with apricots cut in small pieces. Servings, 6.

BAVARIAN CREAM MOLDS

1 quart strawberries	2 egg yolks
1 $\frac{1}{2}$ cups sugar	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ tablespoon granulated gelatin	1 cup heavy cream
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup top milk
$\frac{3}{4}$ cup hot milk	1 teaspoon vanilla extract

Hull and wash strawberries. Save about eighteen berries for garnishing. Mash the rest. Add one cup of the sugar to

them and put aside to chill. Soften the gelatine in cold water. Add one-fourth cup of sugar to the hot milk. Beat the egg yolks, add the other one-fourth cup of sugar and the salt and beat again. Cook egg mixture in hot milk until it coats the spoon, then add softened gelatine. Strain and cool. Beat the cream stiff and save half for garnishing. As soon as the gelatine mixture begins to thicken, add the other half of the whipped cream, the top milk, and vanilla. Fold over and over until blended and mold. Servings, 8.

CHOCOLATE BLANC MANGE

1½ squares chocolate	¼ teaspoon cinnamon
2 cups milk	¼ cup sugar
¼ teaspoon salt	¼ cup cold milk
3 tablespoons cornstarch	

Heat the chocolate in the milk. Mix the salt, cornstarch, spice and sugar and add the cold milk. When the chocolate has melted, add the cornstarch mixture and stir until it thickens. Cook thirty-five minutes in double boiler. Cool, pour into serving dish and chill. Serve with milk or cream. Servings, 5.

CHOCOLATE CREAM

2½ ounces chocolate	½ teaspoon salt
1 quart milk	2 eggs
½ cup cornstarch	2 teaspoons vanilla
1 cup sugar	

Melt chocolate in double boiler, add milk slowly, and bring to scalding point. Mix cornstarch with sugar and salt and add to hot milk. Cook thirty minutes in double boiler, stirring often. Add the mixture to beaten egg yolks and set aside to cool. Beat whites of eggs until stiff and fold into partly cooled pudding. Add vanilla and serve cold with whipped cream. Servings, 6.

CHOCOLATE CREAM PIE

½ cup butter	4 teaspoons baking powder
1 cup sugar	2 cups flour
¾ cup sweet milk	2 egg whites (stiffly beaten)

1 pint cream

Cream butter and sugar, add the milk, then the baking powder and flour sifted together, and last fold in the egg whites. Bake in a moderate oven, cool and split. Fill with the cream beaten stiff, sweetened, and flavored with vanilla. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

Top for pie

2 squares chocolate	½ cup sugar
½ cup hot water	

Melt chocolate in the water to form a thick paste. When blended add sugar and spread on cake.

CHOCOLATE CRUMBS

6 squares unsweetened chocolate	1 cup confectioners' sugar
	1 cup dried bread crumbs

Melt chocolate in double boiler. Add sugar and crumbs. Mix thoroughly and put into a dish to cool. Serve in sherbet glasses with sweetened whipped cream. Servings, 7.

CHOCOLATE ROLL

3 eggs	1 cup flour
1 cup sugar	6 tablespoons boiling water
¼ teaspoon salt	½ teaspoon vanilla
1 teaspoon baking powder	

Beat yolks of eggs well, then beat in sugar. Sift salt, baking powder, and flour together twice. Add water, flavoring, and flour to egg mixture. Beat well and fold in the stiffly beaten egg whites. Spread very thinly on two shallow tins. Bake in a moderate oven. Turn out on a damp napkin and trim off crisp edges. Spread quickly with Chocolate Roll Filling (see page 198), and roll.

Time in oven, 25 minutes. Temperature, 325°. Servings, 8.

CHOCOLATE-TAPIOCA PUDDING

¾ cup minute tapioca	1 quart milk
¾ cup sugar	2 squares chocolate
Speck salt	

Add tapioca, sugar, and salt to the milk and cook until granules are clear and milk is absorbed. Melt the chocolate and add to the mixture as soon as it is hot. If more liquid is needed, add by the tablespoon. Pour into wet molds. Chill. Servings, 6.

COFFEE FOAM

1½ tablespoons gelatine	½ cup sugar
¼ cup cold water	1 tablespoon lemon juice
2 cups coffee	

Soften gelatine in cold water and dissolve in hot coffee. Add sugar and lemon juice. Let stand until it begins to thicken. Beat until stiff enough to hold its shape. Turn into individual molds. Serve with whipped cream. Servings, 4.

BAKED CUSTARD

1 cup milk	Flavoring to taste (nutmeg, cinnamon, vanilla or lemon extract)
1 egg	
1½ tablespoons sugar	
Speck salt	

Scald milk. Beat egg, add sugar and salt. Pour the scalded milk gradually on the egg mixture. Flavor and pour into custard cups. Place in deep pan and pour boiling water around until it almost reaches the top of cups. Bake in a moderate oven until a knife blade comes out clean. If cooked too long, a custard will curdle.

Time in oven, 30 minutes. Temperature, 325°. Servings, 2.

BAKED CUSTARD

3 egg yolks	¼ cup sugar
2 egg whites	½ teaspoon salt
1 pint milk	1 teaspoon flavoring

Beat eggs slightly and add to scalded milk with sugar, salt, and flavoring. Pour into custard cups, set in a pan of hot water and bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED CARAMEL CUSTARD

$\frac{3}{4}$ cup sugar
1 quart milk
5 eggs

$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla

Melt sugar in skillet, stirring constantly until a golden brown. In the meantime, have the milk scalding in a double boiler. When sugar is ready pour on milk and stir until dissolved. Add eggs slightly beaten, salt, and vanilla. Pour into individual molds or one large one. Set in pan of water and bake until firm in a moderate oven. Individual custards may be cooked more quickly by steaming. Set molds in kettle of cold water, cover tightly, and bring slowly to boiling point. Turn off heat and let cool.

Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

BOILED CUSTARD

1 cup milk
2 eggs
2 tablespoons sugar

Pinch salt
Few drops vanilla, or
Grating of nutmeg

Reserve one egg white for meringue. Scald milk in double boiler. Beat eggs, add sugar and salt, and pour on gradually the scalded milk. Pour back into top of double boiler and stir constantly until it coats the spoon. Add flavoring and cool. Serve with meringue made by beating egg white until stiff and sweetening to taste. Servings, 2.

COCOANUT CUSTARD

1 quart milk
 $\frac{3}{4}$ cup cocoanut
1 tablespoon cornstarch
2 tablespoons water

2 eggs
 $\frac{1}{3}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla

Use freshly grated, or shredded cocoanut, or cocoanut canned in milk. If the fresh cocoanut is used, add an extra tablespoon sugar. Put milk and cocoanut into double boiler and bring to scalding point, add cornstarch which has been mixed until smooth with cold water, and cook five minutes. Beat

eggs, add sugar, salt, and milk mixture. Mix well, add vanilla, turn into custard cups, place in pan of hot water, and bake in a moderate oven until knife comes out clean.

Time in oven, 25 minutes. Temperature, 325°. Servings, 6.

RAISIN CUSTARD

2 eggs	1/4 teaspoon salt
2/3 cup raisins	1/2 teaspoon nutmeg
2 cups milk	

Beat eggs slightly, add chopped raisins, milk, salt, and nutmeg. Pour into individual cups, set in a pan of water, and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 6.

SOFT CUSTARD

1/2 cup milk	Speck salt
1 egg yolk	A few drops flavoring to
1 tablespoon sugar	taste

Follow directions for Boiled Custard. Serving, 1.

DATE-NUT PUDDING

1 package (12 ounces) dates	1 cup hot water
1/3 cup sugar	Pinch salt
1/2 cup cracker crumbs	1 egg

Put all ingredients except egg and nut meats into a double boiler. Cook until well blended, stirring constantly. Add egg well beaten, and the nut meats. Serve with whipped cream or soft custard. Servings, 4.

DATE PINEAPPLE JELLY

1 tablespoon gelatine	2 tablespoons lemon juice
1 cup water	1/2 cup pineapple
1 cup pineapple juice	1/2 cup dates
1/4 cup sugar	1/4 cup blanched almonds

Soften gelatine in two tablespoons cold water. Bring rest of water, pineapple juice, and sugar to boiling point. Dis-

solve gelatine in the hot liquid and add lemon juice. Cool, and when it begins to thicken, stir in fruit and nuts, cut in small pieces. Turn into molds. Serve with whipped cream. Servings, 6.

DELICIOUS STEWED FIGS

1 pound figs	Water
$\frac{1}{2}$ cup honey	

Wash pulled figs and soak six to twelve hours in water to cover. Add honey and cook slowly two to three hours or until very tender.

FIG SURPRISE

1 pint milk	$\frac{1}{2}$ teaspoon lemon extract
$\frac{1}{2}$ cup cream of wheat	6 stewed figs
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup nuts
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup cocoanut
$\frac{1}{2}$ cup fig syrup	

Scald the milk and stir in the cream of wheat, sugar and salt. Cook twenty minutes. Add fig syrup and extract. Figs should be small and cooked until skins are tender. Stuff figs with nuts and cocoanut. Put a spoonful of hot pudding in each mold, lay in a stuffed fig, and cover with pudding. Serve cold with fig syrup or Custard Sauce (see page 162). Servings, 6.

FRUIT CREAM

2 cups diced pineapple	1 cup diced bananas
2 cups marshmallow cubes	1 cup heavy cream

Drain canned pineapple and cut in half-inch cubes. Cut marshmallows in four pieces, and mix lightly with pineapple. Pour pineapple juice over diced bananas, and just before serving drain off juice. Then add bananas to first mixture. Fold in stiffly whipped cream and serve very cold. Garnish with slivers of candied orange peel, or with strawberries which have been rolled in granulated sugar. Servings, 8.

FRUIT GELATINE

2 tablespoons gelatine	½ cup lemon juice
2½ cups water	2 cups fruit
1 cup sugar	

Soften the gelatine in a cup of the water. Add the sugar to the rest of the water and bring the mixture to a boil. Add gelatine. Dissolve thoroughly, cool, and add lemon juice. When it commences to set, stir in the fruit, which has been cut in pieces, and finish cooling. The fruit may be any desired kind. Garnish with whipped cream. Servings, 6.

FRUIT MACÉDOINE

1 grapefruit	½ cup honey
2 oranges	2 teaspoons cocoanut
3 slices pineapple	6 dates

Combine pulp of grapefruit and oranges with diced pineapple. Dilute honey with fruit juices, and put two tablespoonfuls or more in each cup over the fruit. Garnish with dates and cocoanut. Serve ice cold. Servings, 6.

GRAPE JUICE SOUFFLE

2 cups grape juice	1 teaspoon lemon juice
2 tablespoons granulated gelatine	4 egg whites
	1 cup cream

To the grape juice add gelatine and heat until the gelatine is dissolved. Add lemon juice. Strain and cool. When mixture begins to stiffen, beat in stiffly beaten whites of eggs and fold in stiffly beaten cream. Turn into molds and chill. If fresh grape juice is used one scant cup of sugar should be added to the juice. Servings, 8.

JELLIED PLUM PUDDING

2 tablespoons gelatine	½ cup lemon juice
1 cup cold water	1 cup chopped dried fruits
2 cups boiling water	½ cup shredded cocoanut
¾ cup sugar	

Soften gelatine in cold water and dissolve in boiling water. Add sugar, lemon juice, dried fruits, and cocoanut. Dates, chopped raisins, and small whole raisins make a very satisfactory fruit combination. Turn into a ring mold to harden. When serving fill the centre with sweetened whipped cream. Sprinkle with nuts. Servings, 6.

LOGANBERRY WHIP

1 teaspoon gelatine	1 egg white
1 tablespoon water	1 cup powdered sugar
1 cup strained loganberries	1 tablespoon lemon juice

Soften gelatine in cold water and dissolve over hot water. Put all ingredients in a bowl and beat with a wire whisk until stiff enough to hold shape. Serve very cold. Any strained berry or fruit pulp may be used in place of loganberries. Servings, 4.

MOCK MACAROON PUDDING

1 egg white	1/3 cup cocoanut (shredded)
1/3 cup sugar	1 teaspoon vanilla
2 cups corn flakes	Pinch salt

Beat egg white stiff and combine ingredients. Spread in a thin sheet on a greased baking pan. Bake slowly until brown and crisp. Let cool in pan. Pile lightly in serving dishes. Serve with cream, or date or prune sauce.

Time in oven, 25 minutes. Temperature, 300°. Servings, 4.

MAPLE NUT MOLD

1/2 cup brown sugar	1 egg white
3 tablespoons cornstarch	1/4 teaspoon salt
mixed with cold water	1/2 teaspoon vanilla
1 1/2 cups hot water	1/4 cup walnut meats

Add sugar and cornstarch to hot water. Cook in double boiler fifteen minutes. Fold in beaten egg white, salt, and vanilla. Add nuts and put away in molds to chill. Servings, 4.

MAPLE SURPRISE

1 cup rice	1 cup cream (heavy)
2 cups milk or	$\frac{3}{4}$ cup maple syrup, or
2 quarts water	1 cup maple sugar

The rice may be cooked in milk in a double boiler and not drained or cooked as usual in boiling water. In the latter case drain it and let cold water run through it. Beat the cream, and add the syrup gradually when the cream begins to thicken. Fold in the rice. Put in cold place. If maple sugar is used instead of syrup, it should be finely shaved and sprinkled over the whipped cream piled over the rice. Servings, 8.

MARBLED DESSERT

Yellow — Part 1

1 pint milk	$\frac{1}{4}$ cup cold water
$\frac{1}{3}$ cup sugar	Speck salt
2 eggs	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon gelatine	

Scald milk, add sugar and beaten eggs, cook three minutes, stirring all the time. Soften gelatine in cold water and dissolve in hot custard. Cool, add salt and vanilla.

Chocolate — Part 2

2 squares chocolate	$\frac{1}{2}$ cup sugar
1 pint milk	Speck salt
1½ tablespoons gelatine	1 teaspoon vanilla
$\frac{1}{2}$ cup cold water	

Melt chocolate and add milk slowly until a smooth paste is formed. Scald milk and chocolate and add the gelatine softened in the cold water, and sugar. Cool, add salt and vanilla. To mold, put spoonful of each mixture, almost stiff, into a mold, let harden, then repeat. If the mixtures are of the same stiffness they will run into each other to give a pretty marbled effect. When set and cold serve with plain cream. Servings, 6.

MARMALADE TAPIOCA PUDDING

6 tablespoons minute tapioca	1 cup marmalade
$\frac{1}{4}$ teaspoon salt	1½ tablespoons lemon juice
2 cups cold water	2 egg whites

Put tapioca, salt, and water in top of double boiler and cook over direct heat for five minutes, then cook over hot water until transparent, about one hour. Remove from stove and add marmalade and lemon juice, and, when partially cooled, fold in whites of eggs stiffly beaten. Serve with boiled custard sauce or cream. Servings, 6.

MOCHA SHORTCAKE

$\frac{1}{4}$ cup shortening	2½ teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon vanilla	$\frac{1}{2}$ cup milk
1¾ cups flour	2 egg whites

Cream the shortening, add the sugar slowly and then the vanilla. Mix and sift the dry ingredients, and add to first mixture, alternately with the milk. Beat thoroughly and fold in the stiffly beaten egg whites. Bake in two layer cake pans in a moderately hot oven. Put together with Mocha Cream Filling (see page 200).

Time in oven, 35 minutes. Temperature, 375°. Servings, 8.

NUT DELIGHT

2 egg yolks	¼ pound nuts (chopped or ground)
$\frac{1}{2}$ cup sugar	
1 cracker rolled fine	2 egg whites

Mix all ingredients except egg whites together. Add these, stiffly beaten, and fold them in gently. Bake in a shallow pan in a slow oven. When cool, cut in squares and pile in sherbet glasses. Top with whipped cream and a cherry. Time in oven, 20 minutes. Temperature, 250°. Servings, 5.

ORANGE CREAM

4 eggs	1 large orange, juice and rind
$\frac{1}{2}$ cup sugar	2 tablespoons hot water
1 large lemon, juice and rind	Lady fingers or angel cake

Separate the eggs and beat the yolks with one-half the sugar; add fruit juices (three-fourths cup in all) and hot water and cook in double boiler until it thickens, stirring constantly. Remove from stove and pour over egg whites beaten stiff with remainder of sugar. Chill, and serve in glass cups lined with lady fingers or strips of cake. Servings, 6.

PEACH CUP

Peel peaches, cut in small pieces, and add powdered sugar to taste. Remove seeds and rind from cantaloupe, and cut in pieces. Wash raisins and cut in halves; they should be of good quality, moist and plump. Mix and put in sherbet glasses with a little of the peach juice in the bottom and chill. Before serving place a spoonful of whipped cream on top. If convenient, garnish with bits of candied orange peel.

PINEAPPLE MERINGUE

1 cup sugar	Few shreds lemon peel and
1 cup pineapple juice	crystallized ginger
1 tablespoon lemon juice	6 slices canned pineapple
4 cloves	2 egg whites
	$\frac{1}{2}$ cup sugar

Dissolve sugar in pineapple juice, add lemon juice, cloves, lemon peel and ginger. Bring to a boil, add pineapple slices and boil fifteen minutes. Remove pineapple and drain. Beat egg whites until stiff, add sugar and continue beating until thoroughly blended. Arrange meringue on pineapple slices, using a pastry bag if desired. Bake in a moderate oven until meringue is firm. Serve cold with the pineapple syrup. Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

PINEAPPLE RICE

$\frac{1}{2}$ cup rice	1 cup heavy cream
2 quarts salted water	$\frac{1}{3}$ cup powdered sugar
2 cups cut pineapple	

Cook rice in two quarts salted water until tender but unbroken. Drain, pour cold water through rice to prevent sticking. Cut pineapple in small pieces. Beat cream until stiff and sweeten with the powdered sugar. Fold cream and pineapple into rice, being careful not to break kernels. Serve in sherbet cups with bits of candied cherries, or fresh sugared strawberries on top. Servings, 6.

PINEAPPLE TAPIOCA

$\frac{1}{2}$ cup minute tapioca	4 cups water
1 cup sugar	1 cup crushed pineapple
Pinch salt	Currant jelly

Cook the tapioca, one-half cup sugar, salt, and water, in double boiler, until tapioca is clear, about forty-five minutes. Remove from fire and add pineapple and other one-half cup sugar. When cold decorate with currant jelly and serve with sweetened whipped cream. Any canned or fresh fruit may be used. Servings, 8.

PRUNE DELIGHT

24 stewed sweetened prunes	1 cup heavy cream
$\frac{1}{2}$ cup walnut or almond meats	$\frac{1}{2}$ cup shredded cocoanut
	$\frac{1}{2}$ cup maraschino cherries

Remove stones from prunes. Fill cavity with nut meats. Place in tall stemmed sherbet glasses. Pour two or three tablespoons of the prune juice over prunes and top with generous serving of whipped cream. Sprinkle with cocoanut and decorate with cherries. Servings, 6.

PRUNE WHIP

3 egg whites	1 cup prune pulp
$\frac{1}{2}$ cup sugar	2 tablespoons lemon juice

Beat egg whites until stiff, adding sugar gradually. Fold in prune pulp and add lemon juice. Serve very cold with Custard Sauce (see page 162). Servings, 4.

PRUNE SOUFFLÉ

1 cup cooked prune pulp	2 tablespoons sugar
$\frac{1}{4}$ cup prune juice	1 teaspoon vanilla
$\frac{1}{2}$ cup bread or cracker crumbs	$\frac{1}{2}$ cup nut meats (chopped)
	2 egg whites

Mix pulp, juice and crumbs and stir well. Add sugar and vanilla. Stir again, adding nuts. Beat egg whites and fold into mixture. Pour into buttered dish and set it in pan of water. Bake in a moderate oven until firm and serve with whipped cream.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

RASPBERRY CREAM WHIP

1 cup marshmallows	$\frac{1}{2}$ cup heavy cream
$1\frac{1}{2}$ cups canned raspberries	$\frac{1}{4}$ cup walnuts or pecans

Cut marshmallows in small pieces, add to raspberries and let stand in a cold place until thoroughly chilled. Whip cream until stiff and fold into raspberry mixture. Add nuts. Serve garnished with pieces of marshmallow. Servings, 6.

RICE BUTTERSCOTCH

$\frac{1}{2}$ cup rice	1 cup brown sugar
2 cups milk	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	

Wash rice and cook until nearly tender in the milk, to which salt has been added, using double boiler. Cook brown sugar and butter in a shallow pan until the mixture gets very dark. Add to rice and cook until rice is tender and caramel is melted. Serve cold. Servings, 4.

RICE GLACÉ

$\frac{1}{4}$ cup rice	$\frac{1}{4}$ teaspoon salt
1 pint milk	$\frac{1}{3}$ cup sugar
1 tablespoon gelatine	1 teaspoon vanilla
2 tablespoons cold water	$\frac{1}{2}$ cup heavy cream
3 tablespoons hot water	

Parboil rice in salted boiling water five minutes and drain. Put into double boiler with hot milk, cooking until soft but unbroken. Soak gelatine in cold water, add hot water, salt and sugar, stir until dissolved, and add to rice mixture. Add vanilla, stiffly beaten cream, and more sugar if desired and chill. Servings, 4.

MOCK SHERBET

$\frac{1}{2}$ cup minute tapioca	2 cups boiling water
$\frac{1}{4}$ teaspoon salt	2 lemons
1 cup sugar	2 egg whites

Cook tapioca, salt, sugar, and water together in double boiler until clear, stirring often. About five minutes before removing from fire add juice of two lemons and the grated rind, being careful not to get any but the yellow coating. A little lemon extract may also be added. Pour mixture on to a platter, which has been dipped in cold water. As soon as the edges begin to jelly, add the well beaten whites of eggs. Beat until very light and foamy. Serve very cold in sherbet cups with whipped cream piled on top. Servings, 6.

SNOW PUDDING

1 tablespoon granulated	1 cup boiling water
gelatine	1 cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice
$\frac{1}{8}$ teaspoon salt	3 egg whites

Soak gelatine in cold water and add salt. Pour boiling water over it and stir until dissolved. Add sugar and lemon juice, and strain into a large bowl to cool. Beat the egg whites until stiff. When the jelly thickens add the eggs and beat with wire whisk until stiff enough to hold its shape. Serve with Custard Sauce (see page 162). Servings, 4.

SNOW PUFFS

3 tablespoons cornstarch	1/4 cup cold water
1/2 cup sugar	2 cups hot milk
1/8 teaspoon salt	1/4 teaspoon vanilla

Mix cornstarch, sugar and salt, and add the cold water. When this is smooth, pour into hot milk and cook until it thickens. Cool slightly and add flavoring. Pour into a large mold or small individual molds and set aside until cool. Turn out of molds and surround with Chocolate Sauce (see page 162). Servings, 4.

STEWED RHUBARB AND FIGS

1/3 pound pulled figs	1 pound rhubarb
Water to cover figs	1 cup sugar

Wash figs thoroughly and drain. Add hot water to barely cover, and soak until plump. Wash rhubarb and cut in inch pieces without peeling, unless the skin is discolored. Put rhubarb, figs, sugar and fig water into double boiler, and cook until fruit is tender. Servings, 6.

STRAWBERRY MERINGUE PUDDING

1 tablespoon butter	1 cup bread crumbs
1/2 cup sugar	1 cup strawberries
2 egg yolks	3/4 cup sugar
2 cups milk	2 egg whites

Cream butter and sugar, add beaten yolks, milk, and crumbs. Pour into a buttered dish and bake covered, in a moderately hot oven until firm. Place strawberries over the top of pudding, add one-half cup of sugar and spread with meringue made from stiffly beaten whites and one-quarter cup sugar. Bake in a moderate oven to set meringue. Serve cold with cream.

Time in oven, 30 minutes and 20 minutes. Temperature, 375° and 325°. Servings, 6.

STRAWBERRIES AND RICE

3 cups milk	1 tablespoon gelatine
½ cup rice	½ cup cold water
½ teaspoon salt	1 tablespoon lemon juice
½ cup sugar	½ cup cream

Heat the milk in double boiler. Add rice, well washed, and salt and cook until the rice is tender, and the milk is nearly all absorbed. Stir in carefully the sugar and add gelatine which has been softened in cold water and dissolved over steam. When the mixture is partly cold, add lemon juice and when it is beginning to set stir in lightly the cream which has been whipped. Turn into a wet mold and set on ice to cool. Turn out and serve with strawberry sauce. Servings, 6.

FROZEN DESSERTS

Facts to Remember about Frozen Desserts

The texture of frozen desserts depends upon the nature of the mixture and the proportion of ice and salt used in freezing it.

A mixture which is given body by cream or eggs, or is thickened with a starch or gelatine, will be smoother than one containing a large proportion of water and nothing to thicken it.

For smooth, fine-grained ice cream, sherbet, or water ice, three parts of ice to one of salt should be used. For frappés, a coarser texture is desired and equal parts of ice and salt are used. Mousses and parfaits, rich mixtures frozen without stirring, require two parts of ice to one of salt.

The ice should be broken in pieces small enough to prevent the formation of large air spaces between, but not so fine that melting will take place rapidly. The salt and ice should be thoroughly mixed before putting them in the freezer.

With any mixture that is stirred during the freezing process, the can should not be more than three-quarters full, to allow for swelling.

The crank should be turned slowly at first, and then more rapidly in order to beat air into the mixture as it begins to freeze.

When the mixture is frozen the water which has accumulated in the pail should be poured off and the freezer refilled with four parts of ice to one of salt.

Ice creams and sherbets should stand for at least an hour before serving. This ripening process improves the flavor and the texture.

Mousses and parfaits require from two to four hours to freeze, depending upon the richness of the mixture and the size of the mold.

To mold ices and creams, pack the frozen mixture solidly into chilled molds, and fill the molds completely. Cover with heavy waxed paper, put on the covers, and seal the edges with strips of cloth dipped in melted lard or other solid fat. Bury the molds in ice and salt. To unmold, rinse with cold water and wipe dry, remove the covers, invert the molds on a platter, and wrap for a moment with a cloth wrung out of hot water.

APRICOT ICE

1½ cups apricot pulp	3 cups water
2 cups sugar	½ cup lemon juice

Use one No. 2 can of apricots and put through coarse sieve. Make syrup of sugar and water by boiling together ten minutes. Cool syrup, and add with lemon juice to apricot pulp. Freeze to a mush, and let stand one hour or more to ripen. Servings, 8.

FROZEN BISQUE

1 pint cream	6 oatmeal or graham crackers
2 eggs	½ cup cocoanut
¾ cup powdered sugar	1½ teaspoons vanilla

Whip cream, add egg yolks well beaten, sugar, crackers rolled fine, cocoanut, and vanilla. Fold in stiffly beaten egg whites. Put in freezer or mold, pack in ice and salt, and let stand three hours. Servings, 8.

MARASCHINO BISQUE

¾ cup sugar	½ cup maraschino cherries
½ cup water	and juice
2 eggs	1 pint cream

Boil sugar and water until it spins a thread. Pour syrup slowly on beaten egg yolks and beat until light. Fold in whites beaten stiff, place over a pan of boiling water and cook six minutes. Cool, stirring frequently. When cold add the cherries and fold in the whipped cream. Turn into one large mold or individual molds. Pack in ice and salt, and let stand for three or four hours. Servings, 6.

COFFEE DESSERT

$\frac{1}{2}$ pint cream	$\frac{1}{2}$ cup sugar
$\frac{3}{8}$ cup coffee infusion	$\frac{1}{2}$ teaspoon vanilla

Put ingredients into a deep bowl, beat all together until very stiff. Put into mold or tightly covered jar, pack in salt and ice, and let stand for three hours. Servings, 4.

COFFEE ICE CREAM WITH VANILLA NUT
PARFAIT IN CENTRE

Line melon molds with coffee ice cream, fill centre with vanilla nut parfait, cover with coffee ice cream and freeze as suggested under Vanilla Ice Cream with Strawberry Mousse in centre (page 140 for Coffee Ice Cream).

FROZEN PEACHES

6 cups cream	Sugar
2 cups peach pulp (fresh or canned)	$\frac{1}{4}$ teaspoon each, vanilla and almond extract

To cream, add peach pulp (obtained by rubbing peaches through sieve). Sweeten to taste and flavor. It may be colored a delicate pink if wished. Freeze like ice cream or pack in ice and salt, and let stand for three hours. Servings, 12.

FROZEN RICE

1 tablespoon gelatine	1 cup cream
1 cup milk	1 cup finely chopped walnut meats
2 cups boiled rice	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	
1 cup sugar	

Soften gelatine in milk, and place over hot water until dissolved; then add rice, salt, and sugar. When cool, fold in whipped cream, nut meats, and flavoring. Pack in ice and salt, and let stand for two or three hours. Servings, 8.

RASPBERRY AND MACAROON MOLD

1 cup water	1 tablespoon lemon juice
$\frac{1}{3}$ cup sugar	1 cup cream
1 pint raspberry syrup	5 macaroons

Cook water and sugar for three minutes, add raspberry syrup and lemon juice. The juice from canned raspberries may be used. Freeze, and line a mold with this mixture and fill the centre space with the following mixture: Beat cream until stiff, add macaroons, broken in small pieces and sweeten to taste. Cover, pack in salt and ice, and let stand for three hours. Servings, 6.

VANILLA ICE CREAM WITH STRAWBERRY MOUSSE IN CENTRE

Make vanilla ice cream by any preferred recipe and use to line a two-quart melon mold. Fill centre with Strawberry Mousse. Cover with ice cream, filling mold to overflowing. Cover, pack in ice and leave one hour. Then turn off the water that accumulates around the mold, repack and leave two hours or until needed. Turn out on a serving-dish, and surround with fresh cherries or strawberries (see page 143 for Strawberry Mousse). Servings, 12.

VANILLA NUT PARFAIT

$\frac{1}{3}$ cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup chopped nut meats,
1 beaten egg white	walnuts, pecans, or
$\frac{3}{4}$ cup cream	blanched almonds

Boil sugar and water until syrup will spin a thread when dropped from tip of spoon, pour slowly on beaten egg white and continue beating until mixture is cool. Beat cream until stiff, add vanilla, and fold into the first mixture with chopped nut meats. Pack in ice and salt, and let stand three or four hours. Servings, 4.

ICE CREAM

CARAMEL ICE CREAM

1 quart cream	1 cup sugar (caramelized)
1 cup milk	1 tablespoon flour
½ cup sugar	Vanilla

Cook all ingredients, except flavoring, ten minutes. Cool, flavor and freeze. Servings, 8.

To caramelize the sugar, put it in a smooth saucepan and cook without water until a golden brown syrup is formed. Stir constantly to prevent burning.

CHOCOLATE ICE CREAM

1 quart milk	2 squares chocolate
6 eggs	1 tablespoon vanilla
2 cups sugar	1 pint cream, whipped
1½ tablespoons flour	

To the milk add eggs, sugar, flour and chocolate, and cook in a double boiler fifteen minutes. Cool, add flavoring and cream and freeze. Servings, 10.

COFFEE ICE CREAM

¼ cup ground coffee	Pinch salt
2 cups milk	2 eggs
1¼ cups sugar	2 cups cream
2 tablespoons flour	

Scald coffee with milk and strain through fine cheese cloth. Mix sugar, flour, and salt, and add eggs, well beaten. Pour the scalded milk on slowly, stirring all the time. Cook in a double boiler for twenty minutes, stirring constantly until thickened and then occasionally. Cool, add the cream which has been whipped, and freeze. Servings, 8.

PEACH ICE CREAM

Peach Ice Cream may be made the same as Strawberry Cream.

STRAWBERRY ICE CREAM

1 quart strawberries
2 cups sugar

1 cup milk
1 quart cream

Cover berries with sugar, let stand for an hour and strain through a coarse cheese cloth. Mix the pulp with milk and strain again. Add cream and more sugar if desired. Freeze. Servings, 10.

VANILLA ICE CREAM NO. 1

1 cup powdered sugar
4 cups cream

1 tablespoon vanilla

Add sugar to cream and stir until dissolved. Add flavoring and freeze. Servings, 8.

VANILLA ICE CREAM NO. 2

2 eggs
1 cup sugar
2 cups cream

1 cup milk
1 tablespoon vanilla

Beat the eggs and sugar together until the sugar is entirely dissolved, and the mass is a pale yellow in color. Whip cream until stiff, and add to eggs and sugar. Then add milk and flavoring. Freeze. Servings, 8.

VANILLA ICE CREAM NO. 3

2 cups milk
1 cup sugar
2 tablespoons flour
Pinch salt

2 eggs
2 cups cream
 $\frac{1}{2}$ tablespoon vanilla

Scald milk. Mix sugar, flour, salt; add whole eggs, and beat together. Add hot milk and when well mixed turn into double boiler and cook twenty minutes, stirring constantly until smooth, then occasionally. Cool, add cream and flavoring and freeze. Servings, 10.

VANILLA ICE CREAM WITH PEACHES

1 pint milk	2 eggs
1½ cups sugar	1 quart thin cream
4 tablespoons flour	1 teaspoon vanilla
¼ teaspoon salt	Peaches

Scald milk. Mix sugar, flour, and salt together. Add the milk, and cook twenty minutes, stirring until smooth. Beat eggs slightly and add slowly some of the hot milk mixture, then return to double boiler, and cook three minutes longer. Add cream and flavoring, cool, and freeze. Peel and slice the peaches, using those that are quite soft. Add powdered sugar to taste, and let stand a few minutes. Line mold with cream, packing it well, and smoothing surface with back of spoon. The cream should be about an inch in thickness. Fill centre with peaches, drain off any juice that has collected and cover with cream. Pack mold in ice and salt as usual, but let stand only about half an hour. The fruit should be chilled, but not frozen. Servings, 12.

MOUSSES

COFFEE MOUSSE

1¼ tablespoons granulated gelatine	½ cup sugar
2 tablespoons cold water	1 quart cream, whipped
1 cup hot coffee	½ teaspoon vanilla

Soak gelatine in water, add coffee and stir until dissolved. Add sugar, and cool until it begins to harden. Fold in cream to which vanilla has been added. Pack in ice and salt, and let stand for four hours. Servings, 8.

MAPLE MOUSSE

2 egg yolks	1 pint cream
1 cup maple syrup (hot)	

Beat egg yolks and pour maple syrup over them stirring all the time. Cook mixture in a double boiler until it thickens, and cool. Whip cream, and fold into the mixture. Turn into mold and pack in ice and salt for three hours. Servings, 6.

STRAWBERRY MOUSSE

1 cup heavy cream
 $\frac{1}{2}$ cup powdered sugar
 Few grains salt

1 cup strawberry purée (fresh strawberries rubbed through a sieve)

Beat cream until stiff, and fold in sugar, salt, and strawberry purée. One-half cup maraschino cherries cut in pieces may be used instead of strawberries. Pack in ice and salt, and let stand for three hours. Servings, 4.

WILD ROSE MOUSSE

4 $\frac{1}{2}$ cups pineapple juice
 $\frac{3}{4}$ cup lemon juice
 Sugar

4 $\frac{1}{2}$ cups cream
 $\frac{3}{4}$ cup powdered sugar
 1 tablespoon vanilla

Mix pineapple juice and lemon juice. Sweeten to taste, and color a delicate pink with color paste. Freeze, and fill brick molds one-half full with the mixture. Beat cream, add powdered sugar and vanilla, and place on top of the fruit juice, having the molds full enough to overflow. Cover closely, pack in ice and salt, and let stand three hours. Chopped walnuts may be added to the cream if one likes. Servings, 12.

SHERBETS

BANANA CREAM SHERBET

1 $\frac{1}{2}$ cups water
 $1\frac{1}{4}$ cups sugar
 1 teaspoon gelatine
 1 $\frac{1}{2}$ cups banana pulp

$\frac{1}{4}$ teaspoon salt
 6 tablespoons lemon juice
 1 cup cream
 Bananas and nuts to garnish

Boil water and sugar fifteen minutes. Soften gelatine in cold water and dissolve in hot syrup. Prepare banana pulp

by mashing the bananas and beating them until smooth. Add to syrup with salt and lemon juice. Freeze to a mush, add beaten cream and finish freezing. Let stand at least one hour in salt and ice to ripen. Serve, garnished with the fruit and nuts. Servings, 6.

CHERRY SHERBET

1 cup stoned red cherries	1 tablespoon gelatine
2½ cups water	Juice of 1 orange
½ cup sugar	

Scald cherries in water, add sugar, and gelatine softened in cold water. Cool and add orange juice. Freeze to a mush, and let stand several hours. Servings, 5.

GRAPE SHERBET

½ cup sugar	4 cups grape juice
¼ cup lemon juice	2 cups cream

Add sugar and lemon juice to grape juice and stir until sugar is all dissolved. Freeze to a mush, add the cream which has been beaten stiff, and continue to freeze. Servings, 10.

GRAPE MILK SHERBET

1 cup sugar	1 cup grape juice
½ cup water	Pinch salt
2 cups milk	

Combine sugar and water, bring to a boil and boil one minute. Cool, and add other ingredients, and freeze. Servings, 5.

LEMON SHERBET

6 tablespoons lemon juice	1 can evaporated milk
1 cup sugar	(large size)
½ teaspoon salt	1 quart milk

Grated rind of one lemon

Mix ingredients and freeze. Servings, 8.

LONDON SHERBET

2 cups water	1 cup fruit syrup
2 cups sugar	1 cup orange juice
$\frac{1}{4}$ teaspoon nutmeg	$\frac{1}{4}$ cup lemon juice
$\frac{1}{2}$ cup chopped raisins	3 egg whites

Boil water, sugar, nutmeg, and raisins for ten minutes. When cold, add fruit juices. Partially freeze, add the stiffly beaten egg whites and continue freezing. Servings, 8.

MILK SHERBET

$\frac{1}{2}$ cup lemon juice	1 quart milk
2 cups sugar	

Mix lemon juice and sugar, and add milk, stirring constantly. Freeze. Servings, 6.

PINEAPPLE CREAM SHERBET

1 quart crushed pineapple	2 tablespoons lemon juice
1 cup sugar	1 cup orange juice
1 tablespoon gelatine	1 cup cream, whipped
$\frac{1}{2}$ cup cold water	

Boil the pineapple and sugar together for fifteen minutes. Add gelatine which has been softened in the cold water. Add lemon and orange juices. Freeze, adding cream when partly frozen. Servings, 9.

RASPBERRY SHERBET

1 $\frac{1}{2}$ cups canned raspberries	1 $\frac{1}{2}$ cups milk
1 $\frac{1}{2}$ cups sugar	1 $\frac{1}{2}$ cups cream
1 lemon (juice)	

Rub raspberries through a fine sieve to remove seeds. Heat to boiling point, add sugar and stir until dissolved. Cool, add remaining ingredients, and freeze. Servings, 6.

RASPBERRY AND PINEAPPLE SHERBET

1 tablespoon gelatine	2 cups juice from canned
1 cup water	raspberries
1 cup sugar	$\frac{1}{2}$ cup orange juice
1 $\frac{1}{2}$ cups crushed pineapple	2 tablespoons lemon juice
	2 egg whites

Soak gelatine in one-quarter cup water. Add rest of water and sugar to pineapple and raspberry juices, and boil ten minutes; then add gelatine, orange, and lemon juices. Cool, add egg whites beaten stiff, and freeze. Servings, 8.

RHUBARB SHERBET

2 pounds rhubarb	1 teaspoon granulated gelatine
2 $\frac{1}{2}$ cups sugar	2 tablespoons lemon juice
2 cups water	
2 tablespoons chopped preserved ginger	

Cut rhubarb in small pieces, add sugar, water, and ginger. Cook until soft, add gelatine softened in cold water, and strain. Cool, add lemon juice and freeze. Servings, 4.

HOT DESSERTS**Facts to Remember in Preparing Hot Desserts**

Almost any cake served hot with a sauce makes an acceptable dessert.

Steamed pudding may be cooked in molds set in a steamer or placed on a trivet in a kettle of boiling water.

Molds for steamed puddings should be filled not more than two-thirds full. If the batter does not have room to rise completely it will be heavy.

In order to have a light pudding the steaming must continue without interruption; if water must be added to the kettle it should be boiling. The cover of the steamer should fit closely.

A steamed pudding while hot is cut more easily with a string than with a knife.

Steaming in individual molds cuts down the time of cooking and makes serving easier. Ordinary custard cups covered with waxed or greased paper will answer for the purpose.

Biscuit dough forms the basis for an endless variety of fruit short-cakes, rolls, and dumplings.

Pudding with an egg and milk foundation, such as bread pudding, should be baked at a low temperature like a custard.

APPLE CRISP

8 apples (sliced) about one quart	1 cup sugar
	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup water	7 tablespoons shortening
1 teaspoon cinnamon	

Butter a baking dish and fill with apples, water, and cinnamon mixed. Work together remaining ingredients with finger tips until crumbly, spread over the apple mixture and bake uncovered in a hot oven. Serve with whipped cream, plain top milk, maple syrup or Lemon Sauce (see page 164). Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

APPLE INJUN

3 cups milk	1½ cups brown sugar
$\frac{1}{2}$ cup corn meal	1 pint milk (cold)
1 teaspoon cinnamon	2 tablespoons butter
1 teaspoon salt	1 quart sweet apples

Scald three cups milk, sift in corn meal, stirring rapidly and cook five minutes. Remove from fire, add cinnamon, salt, sugar, cold milk, butter, and apples cut in eighths. Bake in a deep covered dish in a moderate oven.

Time in oven, 4 hours. Temperature, 300°. Servings, 8.

APPLE PUDDING NO. 1

2 cups flour	2 eggs
2 teaspoons baking powder	1 cup milk
1 teaspoon salt	2 cups apples (chopped)

Sift flour, baking powder and salt and add to well beaten eggs, and milk. Chop apples and add. Bake in individual muffin tins in a hot oven.

Time in oven, 30 minutes. Temperature, 400°. Servings, 12.

APPLE PUDDING NO. 2

3 large apples	$\frac{1}{2}$ cup sweet milk
1 cup sugar	$1\frac{1}{4}$ cups flour
1 tablespoon butter	1 teaspoon baking powder
1 egg	

Pare apples and cut in small pieces. Lay on greased pie-plate and sprinkle with a little of the sugar. Cream butter and add the rest of the sugar, egg, well beaten, milk, and flour sifted with baking powder. Beat thoroughly, pour over the apples and bake in a moderate oven. Serve with sugar and cream. Time in oven, 40 minutes. Temperature, 350°. Servings, 6.

APPLE ROLL NO. 1

1 cup sugar	2 tablespoons shortening
1 cup water	½ teaspoon salt
1 cup flour	Milk or water
2 teaspoons baking powder	2 apples
	Sugar and cinnamon

Make syrup of sugar and water. Make biscuit dough of flour, baking powder, shortening and salt, and enough water to mix. Roll one-half inch thick, spread with chopped apple and roll like jelly roll. Cut into pieces one and one-half inches long and place in hot syrup in a deep dish. Put a small piece of butter on top of each and sprinkle with sugar, and cinnamon. Bake in moderate oven until apples are done. Serve with cream.

Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

APPLE ROLL NO. 2

Rich pastry	2 teaspoons cinnamon
6 medium apples	2 tablespoons butter
¼ cup sugar	

Roll out pastry one-quarter inch thick. Grate apples and spread over the crust. Sprinkle with sugar, cinnamon, and bits of butter. Roll up and cut in one-inch pieces. Lay in two plates and bake in a moderate oven, basting occasionally with a thin syrup.

Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

APPLE TAPIOCA

½ cup pearl tapioca	4 medium-sized apples
2 cups boiling water	½ cup sugar
¼ teaspoon salt	

Soak tapioca in cold water several hours or over-night. Drain, add boiling water and salt, and cook until clear in double boiler. Peel and core apples, arrange in a buttered baking dish, and sprinkle with sugar. Pour over the cooked tapioca and bake until apples are tender. Serve with cream. Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

BAKED BANANAS DE LUXE

6 small bananas	1 cup canned red cherries
1 tablespoon lemon juice	3 tablespoons butter
2 tablespoons sugar	

Remove skins from bananas, cut in halves lengthwise, and arrange in a shallow baking dish. Sprinkle with lemon juice and sugar, cover with cherries, and dot over with bits of butter. Bake in a hot oven until bananas are soft, basting occasionally with cherry juice.

Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

ESCALLOPED BANANAS

2 bananas	1/8 teaspoon salt
2 tablespoons lemon juice	2 cups stale bread crumbs
1/2 teaspoon cinnamon	1/2 cup raisins
1/2 cup brown sugar	4 tablespoons water

Slice bananas and sprinkle with lemon juice. Mix cinnamon, sugar, and salt together. Put alternate layers of bread, bananas, sugar mixture and raisins into a buttered pudding dish, and add water. Cover, and bake thirty minutes in a moderate oven; remove cover and brown. Serve with cream, or meringue.

Time in oven, 45 minutes. Temperature, 325°. Servings, 6.

BREAD PUDDING

2 cups stale bread crumbs	1/4 cup melted butter
1 quart scalded milk	1 egg
1/2 cup sugar	1/2 teaspoon salt

Soak bread crumbs in milk, add sugar, butter, egg slightly

beaten, and salt. Flavor to taste and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 6.

Variations in Bread Pudding

Melt two squares of chocolate and add to scalded milk.

Caramelize three tablespoons of sugar; dissolve in hot water to make a syrup and add to the scalded milk.

Add spice and raisins.

CARROT PUDDING

$\frac{1}{2}$ cup carrot	1 teaspoon soda
$\frac{1}{2}$ cup potato	$\frac{1}{2}$ cup chopped nuts
1 cup flour	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup brown sugar	1 teaspoon cinnamon
1 cup raisins	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup chopped suet	

Put the raw carrots and potato through the food-chopper. Mix with rest of ingredients and steam two hours. Serve with Hard Sauce (see page 163). Servings, 6.

CHERRY SNOWBALLS

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup sugar	2 egg whites
2 cups flour	1 cup cherries
3 teaspoons baking powder	

Cream shortening and add sugar gradually. Mix and sift flour and baking powder, and add to first mixture alternately with milk. Fold in egg whites stiffly beaten, and add cherries which have been drained as dry as possible. Put in individual molds and steam forty minutes. Servings, 6.

STEAMED CHOCOLATE PUDDING

4 squares chocolate	$\frac{1}{2}$ cup milk
6 tablespoons melted butter	2 cups flour
$\frac{3}{4}$ cup sugar	4 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt

Melt chocolate. Mix butter, sugar, well beaten eggs, and the milk, and add to the chocolate alternately with sifted dry in-

ingredients. Steam one hour in a well greased mold. Serve with Foamy Egg Sauce (see page 163). Servings, 6.

CHOCOLATE SOUFFLÉ

2 tablespoons flour	1/2 cup sugar
3/4 cup milk	2 tablespoons hot water
2 tablespoons butter	2 eggs
1 1/2 squares chocolate	1/2 teaspoon vanilla

Make a white sauce of the flour, milk, and butter and add to it the melted chocolate, sugar, and water. Add the beaten egg yolks and cook a few minutes longer. Remove from fire and fold into the beaten egg whites. Add vanilla. Pour into a buttered baking dish and bake until firm in a moderate oven.

Time in oven, 35 minutes. Temperature, 300°. Servings, 4.

COTTAGE PUDDING

1/4 cup shortening	2 1/4 cups flour
2/3 cup sugar	4 teaspoons baking powder
1 egg	1/2 teaspoon salt
1 cup milk	

Cream shortening, add sugar gradually, and egg beaten well. Mix and sift flour, baking powder, and salt. Add alternately with milk to first mixture. Turn into buttered cake pan and bake in a moderate oven. Serve with Vanilla Sauce (see page 165).

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

CRANBERRY POT PIE

1 quart cranberries	1 cup flour
1 quart water	2 teaspoons baking powder
2 cups sugar	About 1/2 cup milk
1 tablespoon butter	

Cook cranberries in water with sugar until tender. Make dumplings of the other ingredients, and drop by spoonfuls into the boiling cranberries. Cover tightly and cook fifteen minutes. Servings, 6.

CRANBERRY-RAISIN ROLL

Part 1

2 teaspoons baking powder	2 cups flour
2 teaspoons sugar	2 tablespoons butter
$\frac{1}{2}$ teaspoon salt	Sweet milk

Part 2

1 cup cranberries	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup raisins	

Mix a dough of ingredients in Part I and roll one-half inch thick. Chop cranberries and raisins, mix with sugar, and spread over dough. Roll up, and lay in a steamer over quickly boiling water and steam one and one-half hours. Serve hot with Lemon Sauce (see page 163). Servings, 6.

DATE BREAD PUDDING

2 cups milk	$\frac{1}{2}$ cup cut dates
1 cup broken stale bread	1 teaspoon vanilla
2 egg yolks	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	

Cook milk and bread in top of double boiler until bread is soft and light. Mix egg yolks with sugar and combine with other ingredients. Bake as custard in greased baking dish. Serve with cream.

Time in oven, 35 minutes. Temperature, 325°. Servings, 4.

DATE STEAMED PUDDING

1 $\frac{3}{4}$ cups flour	$\frac{3}{4}$ cup sour milk
$\frac{3}{8}$ teaspoon salt	$\frac{1}{4}$ cup molasses
$\frac{1}{4}$ cup sugar	2 tablespoons walnuts, cut in pieces
$\frac{5}{8}$ teaspoon soda	
$\frac{1}{2}$ teaspoon cinnamon	1 teaspoon vanilla
$\frac{1}{4}$ cup dates, cut in small pieces	

Mix and sift dry materials. Add dates, milk, and other ingredients. Steam one and one-half to two hours in six greased individual molds. Serve hot with Orange Cream Sauce (see page 164). Servings, 6.

DATE WHIP

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup chopped dates	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup water	1 tablespoon butter
1 teaspoon cornstarch	3 egg whites

Cook sugar, dates, water, and cornstarch three minutes. Add chopped nuts, flavoring, butter, and fold in beaten whites. Pour into a shallow buttered baking dish and bake in a moderate oven. Serve with Custard Sauce (see page 162). Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

ENGLISH PLUM DUFF

$\frac{1}{4}$ pound suet	$\frac{3}{4}$ pound mixed nuts (shelled)
$\frac{1}{4}$ pound raisins	$\frac{1}{2}$ tablespoon mixed spices
$\frac{1}{4}$ pound currants	2 cups flour
$\frac{1}{4}$ pound citron	1 teaspoon salt
$\frac{1}{4}$ pound figs	2 teaspoons baking powder
$\frac{1}{4}$ pound dates	$\frac{1}{4}$ pound brown sugar
$\frac{1}{4}$ cup lemon and orange peel	1 egg
	1 cup water

Mix suet, fruit, nuts chopped, and let ripen a week. Mix spice, flour, salt, baking powder, and add with sugar, egg, and water, to fruit. Mix thoroughly, then fill round molds half full and steam four hours. Serve with Hard or Lemon Sauce (see pages 163 and 164). Servings, 12.

FRUIT DUMPLINGS

6 apples (medium size)	Pastry
$\frac{1}{2}$ cup sugar and	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ teaspoon cinnamon mixed	2 tablespoons sugar
1 cup fruit (cherries, peaches or dates)	

Pare and core apples, sprinkle with sugar and cinnamon and fill with fruit. Roll out pastry dough into thin sheets, cut in squares; then wrap an apple in each square. Dip in egg and roll in chopped nuts and sugar. Bake in a moderately hot oven. Serve with cream.

Time in oven, 45 minutes. Temperature, 375°. Servings, 6.

STEAMED FRUIT PUDDING

1/2 cup milk	1/2 teaspoon soda
1/2 cup molasses	1/2 teaspoon cinnamon
1/2 cup suet, or	1/2 teaspoon ginger
1/4 cup melted shortening	1 cup raisins
1 1/2 cups flour	1/2 cup figs
1/2 teaspoon salt	

Add milk and molasses to suet or shortening, and beat in the flour mixed with other dry ingredients, and fruit. Brush inside of mold with melted fat, dust with flour and pour in mixture. Steam three hours. Servings, 8.

GOLDEN PUDDING

1 cup cocoanut	2 teaspoons grated lemon rind
3 cups milk	2 eggs
1 1/2 cups crumbs	2 oranges
1/2 cup sugar	1/4 cup sugar
2 tablespoons lemon juice	

Soak cocoanut in milk at least an hour, add crumbs and sugar and cook in double boiler fifteen minutes. Add lemon juice and rind to beaten egg yolks and add to the mixture. Pour into a buttered baking dish and place cut-up oranges, sprinkled with sugar, on top. Cover with the stiffly beaten egg whites sweetened with four tablespoons sugar, and brown in a moderate oven. Serve either hot or cold.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED INDIAN PUDDING

1 quart milk	1/2 teaspoon ginger
1/2 cup corn meal	1/2 teaspoon salt
1 cup molasses	2/3 cup chopped suet
1/2 cup sugar	

Mix milk and corn meal. Cook in double boiler for ten minutes. Add remaining ingredients. Bake in buttered dish. The longer and slower the baking the better the pudding. Time in oven, 4 hours. Temperature, 300°. Servings, 8.

KRUMMEL TORTE

2 eggs	1 cup chopped nuts
1 cup sugar	1 cup chopped dates (or 1½ cups raisins)
2 teaspoons baking powder	
6 tablespoons bread crumbs	

Beat the eggs until light, add the sugar, mix the baking-powder with the crumbs and add, stirring in the nuts, dates or raisins last. Mix well together, spread in a shallow, oblong pan and bake in a moderate oven. Cut in squares, and serve either plain or with plain or whipped cream.

Time in oven, 45 minutes. Temperature, 300°. Servings, 4.

STEAMED MARMALADE PUDDING

2 tablespoons shortening	1 tablespoon baking powder
¼ cup sugar	1½ cups flour
1 egg	1 tablespoon milk
6 tablespoons marmalade	

Cream shortening and add sugar. Add beaten egg and marmalade. Mix baking powder and flour and add to mixture. Add milk if needed to moisten and steam two and one-half hours. Servings, 4.

MOLASSES STEAMED PUDDING

½ cup shortening	2½ cups flour
1 cup milk	1 teaspoon soda
1 cup molasses	1 teaspoon nutmeg
½ cup currants or seedless raisins	½ teaspoon cloves
½ cup seeded raisins	1 teaspoon salt

Melt shortening, add milk, molasses, and fruit. Beat in dry ingredients mixed and sifted. Pour into a well-greased mold and cook in steamer three hours. Servings, 8.

PEACH DELIGHT

1½ cups flour	2 tablespoons shortening
3 teaspoons baking powder	½ cup milk
½ teaspoon salt	Peach halves
1 tablespoon sugar	

Mix and sift dry ingredients, cut in the fat with a knife or rub in with tips of fingers. Add the milk and mix with a knife to keep the dough very light. In the bottoms of ramekins place halves of peaches, canned or fresh. On each put a tablespoon of the mixture and bake in a moderately hot oven. Serve with cream or milk, if fresh peaches are used. If the peaches are canned, serve with peach syrup.

Time in oven, 15 minutes. Temperature, 360°. Servings, 8.

PEACH ROLL

2 cups flour	2 tablespoons shortening
4 teaspoons baking powder	¼ cup peach syrup
½ teaspoon salt	Sliced peaches (canned)

Combine first five ingredients as for baking powder biscuit. Roll out three-eighths inch thick and spread with peaches. Roll and bake in a hot oven. Serve garnished with sliced peaches.

Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

PEACH SHORTCAKE (Follow directions for making Strawberry Shortcake)

INDIVIDUAL PEARS AU GRATIN

1 No. 2½ can pears	2 tablespoons butter
¾ cup fine bread crumbs	

Sauce

1 tablespoon butter	3 tablespoons chopped pre- served ginger
1 tablespoon flour	3 tablespoons syrup from pre- served ginger
Syrup from can of pears	

Drain syrup from pears. Roll pears in bread crumbs, place on a baking sheet and dot with bits of butter. Bake in hot oven until the crumbs are browned. For the sauce, melt the butter, add flour and syrup from pears and bring to boiling point. Add preserved ginger and syrup.

Time in oven, 10 minutes. Temperature, 400°. Servings, 9.

PINEAPPLE SOUFFLÉ

$\frac{1}{4}$ cup butter	3 eggs
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup sugar
1 cup milk	Pinch nutmeg
1 cup crushed pineapple	$\frac{1}{4}$ teaspoon vanilla

Melt butter, add flour, and blend thoroughly. Add milk gradually, stirring constantly, and bring to boiling point; then add pineapple. Beat egg yolks slightly, mix with sugar and add to the mixture. Cook until thickened, being careful not to let mixture boil. Cool slightly, add flavorings, and fold in egg whites beaten until stiff. Bake in a moderate oven. Serve hot with whipped cream.

Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

PLUM BETTY

$1\frac{1}{2}$ cups canned plums (stones removed)	$\frac{1}{2}$ teaspoon cinnamon
$\frac{3}{8}$ cup sugar	1 cup bread crumbs
	3 tablespoons butter

Place a layer of plums in a buttered baking dish. Sprinkle with sugar and cinnamon. Cover with layer of crumbs and dot with bits of butter. Repeat until all the ingredients are used, having crumbs on top. Bake in a moderate oven until crumbs are browned. Serve with Hard Sauce (see page 163). Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

PRINCESS PUDDING

$1\frac{1}{2}$ cups crumbs	1 egg yolk
2 cups milk	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{4}$ cup sugar	Jelly
$\frac{1}{4}$ teaspoon salt	1 stiffly beaten egg white
	2 tablespoons sugar

Mix crumbs, milk, sugar and salt, and cook in a double boiler 15 minutes. Add egg yolk and vanilla. Pour into a greased baking dish and cool. Spread with jelly and dot with meringue made with the stiffly beaten egg white and sugar. Put in a moderate oven until a nice brown.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PRUNE AND RICE WHIP

1 cup prunes	½ tablespoon lemon juice (if desired)
1 cup sugar	
3 egg whites	¾ cup cooked rice

Wash prunes and soak overnight in enough cold water to cover. Cook slowly in same water until nearly all evaporated. Remove pits, force through coarse strainer, add sugar and cook five minutes (should be of marmalade consistency). Beat egg whites until stiff, add gradually the prune pulp and lemon, if used. Fold in the rice with as few motions as possible. Pile lightly on buttered baking dish and cook in a moderate oven. Serve hot or cold with Custard Sauce (see page 162).

Time in oven, 20 minutes. Temperature, 325°. Servings, 4.

PUFF PUDDINGS

½ cup water	Grated lemon peel
¼ cup shortening	1 cup flour
Pinch salt	2 eggs

Boil water and add shortening, salt, and lemon peel. When boiling add flour all at once and stir over fire until mixture will leave sides of pan. Cool a few moments, then beat in eggs, one at a time, with no previous whipping. Drop mixture by spoonfuls in greased muffin-pans or on oiled paper and bake in a moderate oven. Cut slit in side of each and fill with Strawberry Filling (see page 201).

Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

RASPBERRY SHORTCAKE (Follow directions for making
Strawberry Shortcake)

RICE PUDDING

1 cup boiled rice	Grated rind of 1 lemon
6 tablespoons sugar	½ teaspoon salt
2 egg yolks, beaten	1 pint milk

Mix the ingredients in the order given, and bake in a moderate oven until light brown.

Time in oven, 30 minutes. Temperature, 325°. Servings, 4.

SAILOR DUFF

1 egg	½ teaspoon soda
2 tablespoons sugar	2 tablespoons water
½ cup molasses	1½ cups flour
2 tablespoons melted butter	½ cup boiling water

Beat egg and sugar together, add molasses and beat again. Then add the melted butter. When thoroughly mixed combine with the soda dissolved in water. Last, add the flour, boiling water, and steam forty-five minutes. Serve with Yellow Sauce (see page 165). Servings, 4.

ST. JAMES PUDDING

1½ cups flour	½ cup milk
½ teaspoon soda	½ cup molasses
¼ teaspoon salt	3 tablespoons shortening
¼ teaspoon, each, cloves, all-spice, nutmeg	½ pound dates, or figs

Mix and sift dry ingredients, add milk, molasses, melted shortening, and dates or figs, cut in pieces. Turn into a greased mold and steam two and one-half hours. Serve with Arrowroot Sauce (see page 161). Servings, 4.

SCALLOPED STRAWBERRIES

2 cups strawberries	1½ cups bread cubes
¾ cup sugar	2 tablespoons butter

Wash and hull strawberries and mix with sugar. Put alternate layers of berries and bread into a buttered baking dish, dot with butter and bake in a hot oven. Serve hot with cream. Time in oven, 30 minutes. Temperature, 400°. Servings, 4.

STRAWBERRY SHORTCAKE

2 cups flour	2 teaspoons sugar
4 teaspoons baking powder	¼ cup butter
½ teaspoon salt	¾ cup milk

Mix dry ingredients, cut in butter and add milk gradually. Toss on floured board and divide into two parts. Pat, roll

out, and bake in a hot oven. Spread with butter and place sweetened berries between layers and on top.

Time in oven, 12 minutes. Temperature, 400°. Servings, 6.

STRAWBERRY SOUFFLÉ

1½ tablespoons flour	2 egg yolks
2½ cups milk	2 egg whites (stiffly beaten)
1 tablespoon butter	

Mix flour with enough cold milk to make smooth paste, and stir into the remaining milk which has been scalded. Cook one minute, then add butter, egg yolks, and beat well. Fold in egg whites and fill greased custard cups. Stand cups in a pan of boiling water and bake in a moderate oven. Serve hot with the sauce.

Time in oven, 25 minutes. Temperature, 325°. Servings, 4.

Sauce

2 cups berries	1 tablespoon cornstarch
¼ cup sugar	

Cook together until thickened.

SWISS APPLE PUDDING

1½ cups bread crumbs	½ cup sugar
3 cups chopped apples	1¼ cups milk
2 tablespoons chopped suet	

In a greased baking dish put a layer of bread crumbs and one of apples. Sprinkle with chopped suet and sugar. Repeat until dish is full. Add milk and cover with crumbs. Bake in a moderate oven. Serve hot with cream and sugar.

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

DESSERT SAUCES

ARROWROOT SAUCE

1 tablespoon arrowroot	3 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	Grated nutmeg
1 cup water	Salt

Mix arrowroot and sugar, add cold water and stir over the fire until it thickens. Add lemon juice, nutmeg and salt.

BUTTERSCOTCH SAUCE NO. 1

1 $\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{4}$ cup water	$\frac{1}{2}$ cup chopped walnut meats
4 tablespoons butter	

Boil sugar, water and butter together nearly to soft ball stage. Add lemon juice. Add walnut meats just before serving.

BUTTERSCOTCH SAUCE NO. 2

1 pound brown sugar	1 cup water
$\frac{1}{2}$ cup corn syrup (white or maple flavor)	$\frac{1}{8}$ cup butter

Mix all the ingredients, put over the fire and stir until sugar is dissolved. Boil until a little of the syrup dropped in cold water forms a very soft ball.

CHOCOLATE SAUCE

$\frac{1}{2}$ tablespoon flour	2 tablespoons butter
1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup milk or water	Pinch salt
1 square chocolate	

Mix flour with sugar and milk, add grated chocolate and cook, stirring constantly, until slightly thickened and smooth.

Remove from fire, add butter and beat with egg-beater until butter is melted, and mixture slightly cooled. Add flavoring and salt and keep hot over hot water until needed for use. This sauce may be used cold if desired.

HOT CHOCOLATE SAUCE

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup rich milk
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla
4 squares unsweetened chocolate	

Let the sugar and water boil together for five minutes. After this syrup has cooled a little, stir in gradually the chocolate which has been melted over hot water. Place in a double boiler until ready to serve. Just before using, add the rich milk and flavoring.

CUSTARD SAUCE NO. 1

3 egg yolks	$1\frac{1}{2}$ cups hot milk
2 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla
Pinch salt	

Beat egg yolks slightly, add sugar and salt. Pour on hot milk and cook in double boiler stirring constantly, until thickened. Cool and add vanilla.

CUSTARD SAUCE NO. 2

$\frac{1}{4}$ cup sugar	2 cups milk
1 tablespoon cornstarch	Salt
1 egg yolk	$\frac{1}{2}$ teaspoon vanilla
1 whole egg (slightly beaten)	

Mix sugar, cornstarch and egg, and pour on this the hot milk. Cook in double boiler until thick. Cool and add salt and vanilla.

NOTE: If custard sauce curdles beat it with a rotary egg-beater. To prevent a film from forming over the top before the custard is served cover it with a cloth or a perforated tin.

FOAMY EGG SAUCE

1 egg white	1 egg yolk
½ cup powdered sugar	½ cup whipped cream or
½ teaspoon vanilla	1½ tablespoons milk

Beat egg white until stiff. Beat in gradually the powdered sugar and when smooth and light add vanilla and well beaten yolk. Then stir in cream or milk. Serve at once.

HARD SAUCE

½ cup butter	½ teaspoon lemon extract
1 cup powdered sugar	½ teaspoon vanilla

Cream butter, add sugar gradually, and then the flavoring.

DATE HARD SAUCE

2 tablespoons butter	½ teaspoon vanilla
1½ cups confectioners' sugar	½ cup chopped dates
½ cup cream	Pinch salt

Cream butter and beat in sugar gradually, adding cream as mixture gets stiff. Add vanilla, dates, and pinch of salt, and if too stiff add more cream. Serve as a filling, frosting, or sauce.

DATE WALNUT SAUCE

1 cup sugar	1 cup dates, cut in small pieces
1 teaspoon cornstarch	2 tablespoons lime juice
1 cup water	¼ cup walnut meats, chopped

Mix sugar and cornstarch, add water, and boil five minutes. Add dates and cook two minutes more. Cool and add lime juice and nuts. If preferred nuts may be sprinkled over each dish of ice cream after it has been covered with the sauce.

LEMON SAUCE NO. 1

½ cup sugar	2 tablespoons butter
1 tablespoon cornstarch	1½ tablespoons lemon juice
1 cup boiling water	Nutmeg
Salt	

Mix the sugar with the cornstarch, add the boiling water and a few grains of salt and boil until thick and clear. Beat in the butter, the lemon juice, and a little nutmeg. A bit of grated lemon rind may be added. Serve hot.

LEMON SAUCE NO. 2

2 tablespoons flour	1 cup water
4 tablespoons sugar	1 teaspoon lemon extract
Pinch salt	

Stir flour, sugar, and salt together, add the water and cook, stirring constantly, until the mixture thickens slightly. Remove and add lemon extract. Serve hot.

MAPLE CREAM SAUCE

A few grains salt	1 tablespoon white corn syrup
1 egg white	2 tablespoons water
½ cup maple sugar	½ cup thick cream

Add salt to egg white and beat very stiff. Boil sugar, corn syrup, and water to soft-ball stage. Pour over stiffly beaten white of egg, stirring constantly. Cool and fold in whipped cream.

ORANGE CREAM SAUCE

¼ cup orange juice	1 cup confectioners' sugar
1 teaspoon lemon juice	½ cup heavy cream

Mix all ingredients and beat well. Let stand in a cool place at least an hour before serving. Serve on cottage pudding or a simple steamed pudding.

PEANUT CREAM SAUCE

½ pound peanut brittle	½ pint cream
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Put peanut brittle through the food-chopper, then fold into it the cream which has been beaten stiff. Chill thoroughly, and serve with plain cake for dessert. This sauce may be used in place of whipped cream.

SUNSHINE SAUCE

2 egg yolks	1 teaspoon vanilla
1 cup powdered sugar	$\frac{1}{2}$ pint whipped cream

Beat the egg yolks, sugar and vanilla together and add the cream just before serving.

VANILLA SAUCE

$\frac{1}{2}$ cup sugar	2 tablespoons butter
1 tablespoon cornstarch	1 teaspoon vanilla
1 cup boiling water	

Mix sugar and cornstarch, add water gradually, stirring constantly, and boil five minutes. Remove from fire, add butter and vanilla.

YELLOW SAUCE

1 cup milk	$\frac{1}{2}$ teaspoon vanilla extract
2 egg yolks	$\frac{1}{2}$ teaspoon lemon extract
$\frac{1}{4}$ cup sugar	

Heat milk, pour on to egg yolks beaten with sugar, and cook in double boiler until thick. Cool and add extracts.

EGG AND CHEESE DISHES

Facts to Remember When Planning Egg and Cheese Dishes

Both eggs and cheese have an important place in the dietary, because they are rich in tissue-building material and contain valuable minerals and vitamines. In menu-making it should be remembered that eggs and cheese as sources of protein are substitutes for meat.

Eggs are one of the most easily digested foods that we have. Cheese is a very concentrated food, but if used in combination with other foods or by itself in moderate quantities, it is not likely to overtax the normal digestion.

Eggs and cheese, like all protein foods, should be cooked at a low temperature. If subjected to too much heat, the protein coagulates into a tough leathery mass that is neither appetizing nor easily digested. Over-cooking of egg and cheese mixtures causes the curdling which is so objectionable.

EGGS WITH ASPARAGUS

3 eggs	1 bunch or can of asparagus
$\frac{1}{2}$ cup milk	Toast
Salt, pepper	

Combine the eggs, milk, and seasonings. Scramble, and add the asparagus tips, cut in inch lengths. Serve immediately on pieces of toast. Servings, 6.

EGGS BAKED IN WHOLE TOMATOES

3 tomatoes	3 tablespoons buttered crumbs
3 eggs	3 slices bacon
Salt and pepper	

Scoop out centres of large ripe tomatoes. Break one egg carefully into each tomato, sprinkle with salt and pepper, cover with bread crumbs, and lay slice of bacon on each. Bake in a moderate oven. Turn bacon once during the cooking.

Place under broiler for one minute to crisp and brown the bacon.

Time in oven, 30 minutes. Temperature, 325°. Servings, 3.

EGG CREAM TOAST

3 tablespoons butter	2 cups skimmed milk
3 tablespoons flour	2 eggs
	6 slices toast

Melt butter and stir in flour, add milk and cook ten minutes. Add unbeaten eggs and stir well, season and serve on toast. Servings, 6.

EGGS WITH MUSHROOMS

4 mushroom caps	½ cup milk or cream
2 tablespoons butter	Toast
3 eggs	Parsley
Salt, pepper	

Wash, dry, and chop mushrooms. Melt butter in frying-pan, add mushrooms and cook four minutes. Add beaten eggs, seasonings, and milk. Stir until well set, pile on buttered toast and garnish with parsley. Servings, 4.

EGGS PLANKED

6 cups mashed potato	Parsley
6 eggs	12 radishes
Salt and pepper	

Divide four cups of the hot seasoned mashed potato into six portions, and line individual shallow baking dishes with it. Garnish edges with the rest of the potato, using pastry bag and tube. Put an egg in each nest, sprinkle with salt and pepper, and bake in a moderate oven. Garnish with parsley, and radishes.

Time in oven, 15 minutes. Temperature, 350°. Servings, 6.

EGGS, SOUTHERN STYLE

6 eggs	2 tablespoons butter
2 onions	2 cups milk
4 tablespoons flour	Salt and pepper

Cook eggs until hard, then drop into cold water, remove shells and cut in halves. Boil onions until soft, chop fine, add flour and butter, mix to a paste and add to hot milk. Season with salt and pepper. Cook until thick. Lay eggs in sauce, and heat through. Serve hot. Servings, 6.

STUFFED EGGS

6 hard cooked eggs	3 tablespoons sour pickles, chopped or
3 tablespoons cooked sausage meat or	2 tablespoons tomato catsup
3 tablespoons sardines in mustard dressing or	

Cut cold eggs in halves lengthwise. Mash yolks with a fork and mix with any of the suggested combinations. Add a little salt and pepper if needed. Fill the halves and garnish with lettuce. Servings, 6.

EGG TIMBALES

2 small slices onion	$\frac{1}{4}$ teaspoon salt
1 sprig parsley	2 eggs
2 cups milk	

Cook onion and parsley in the milk ten minutes. Add salt, strain and cool until lukewarm. Beat eggs slightly and add the milk mixture. Pour into timbale molds or custard cups. Set in a pan of hot water and bake in a moderate oven until firm. Remove from the water and let stand a few moments before unmolding. Turn out on to a warm platter; surround with hot Tomato Sauce or White Sauce (see pages 239, 240). Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

OMELET**PLAIN OMELET**

1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
4 eggs	Speck pepper
3 tablespoons water	

Melt the butter in the pan in which the omelet is to be cooked. Be very careful that the butter does not burn. Separate the eggs. Beat the yolks with water and seasoning. Beat whites until dry and fold into the yolks. Pour the mixture into the pan and cook very slowly on stove five minutes. Then finish cooking in a slow oven. Fold when ready to serve.

Time in oven, 25 minutes. Temperature, 275°. Servings, 4.

Variations on the Rule for Plain Omelet**TOMATO OMELET**

Just before putting into the frying-pan, stir a ripe tomato cut into small dice into the plain mixture; season highly.

PARSLEY OMELET

Chopped parsley may be added either to the Tomato Omelet or the Plain Omelet.

OYSTER OMELET

Chop half a dozen cooked oysters into small pieces and add them to the plain mixture.

ORANGE OMELET

For orange omelet, add a bit of the grated peel, the juice of one-half a small orange, and two tablespoons of powdered sugar to the mixture. Sift powdered sugar over before serving.

JELLY OMELET

This may consist of a plain omelet sweetened a little, and a few spoonfuls of any kind of jelly, jam, or marmalade laid on

it before folding over. A few strawberries, mashed or sweetened, makes a delicious variation of the sweet omelet.

Savory Suggestions

A little minced ham, added just before folding an omelet over, is a common variation, but minced bacon or sausage is almost as good. A few spoonfuls of hashed brown potato, also added before folding, is another variation.

CORN OMELET

3 eggs	2 cups corn
½ cup milk	¼ cup flour
2 teaspoons salt	2 tablespoons cooking fat
¼ teaspoon pepper	

Beat egg yolks until light, add milk, salt, pepper, corn, and flour. Fold in whites, which have been beaten until stiff and dry. Melt bacon or other fat in frying-pan, turn in the omelet mixture, cook slowly on top of stove until brown underneath, then put in oven to finish cooking. Be careful to cook slowly and not to cook too long. Fold and serve on a hot platter at once. Garnish with bacon.

Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

CREAM OMELET

½ cup heavy cream	¼ teaspoon salt
8 egg yolks	¼ teaspoon paprika

Beat cream until stiff, add egg yolks and beat until well blended. Add salt. Melt butter in omelet-pan and turn in egg mixture. Cook slowly until brown on bottom, and place in a moderate oven until firm. Sprinkle with paprika.

Time in oven, 15 minutes. Temperature, 325°. Servings, 4.

PEACH OMELET

5 eggs	2 tablespoons butter
5 tablespoons syrup from canned peaches	2 cups sliced canned peaches
Pinch salt	Powdered sugar

Beat eggs slightly, add peach syrup and salt. Melt butter in a frying-pan and turn in egg mixture. Cook at a low temperature until browned underneath — about ten minutes, lifting occasionally to let the top part run under. Spread with sliced peaches. Fold and sprinkle with powdered sugar. Servings, 6.

RICE OMELET

3 egg yolks	1 tablespoon sugar
2 cups cold boiled rice	Grating of nutmeg
3 tablespoons water	3 egg whites

Beat the egg yolks until lemon-colored, add the rice and water and mix thoroughly, add sugar, nutmeg, and lastly the stiffly beaten egg whites. Turn into a hot greased omelet-pan and cook like a plain omelet. When done, fold and serve on a platter garnished with little squares of jelly. Servings, 4.

SUNRISE OMELET

2 cans vegetable-beef soup	$\frac{1}{4}$ teaspoon salt
6 eggs	1 tablespoon butter

Heat soup and strain off liquid. Separate eggs, beat yolks well, add one-half cup liquid from soup, and the salt. Beat egg whites until stiff, and fold into yolks. Heat frying-pan, melt butter in it, turn in egg mixture and cook slowly until it begins to brown on bottom. Put in a moderate oven until firm on top. Spread vegetables from soup over the omelet, fold and turn on to a hot platter.

Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

CHEESE

CHEESE BLANC-MANGE

2 tablespoons cornstarch	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{2}$ teaspoon Worcestershire
$\frac{1}{2}$ cup grated American cheese	sauce

Wet the cornstarch and stir smooth with a little milk. Add the remainder of the milk, and cook until it begins to thicken,

stirring constantly. Add the cheese, salt, and Worcestershire sauce, stirring constantly until the cheese is well melted and the blanc-mange thick enough to mold. Have ready four small molds wet with cold water and pour in the mixture. When cold serve on lettuce with mayonnaise and a dash of paprika. Servings, 4.

CHEESE CHARLOTTE

1 tablespoon gelatine	1 tablespoon Roquefort cheese
$\frac{1}{2}$ cup cream	Salt, cayenne
1 ounce cream cheese	Parmesan cheese

Soften gelatine with one tablespoon water and dissolve over hot water. Add cream, cream cheese, Roquefort cheese, and seasonings, and stir until well mixed. Wet a mold and sprinkle with Parmesan cheese, pour in the cheese mixture and chill. Serve on lettuce with pineapple and mayonnaise, or as a salad accompaniment or a sandwich filling.

CHEESE FONDUE

1 $\frac{1}{2}$ cups soft stale bread crumbs	1 cup cheese cut in small pieces
1 $\frac{1}{2}$ cups hot milk	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups grated cheese or	1 tablespoon butter

4 eggs

Mix bread crumbs, milk, cheese, salt, and butter. Add egg yolks thoroughly beaten. Fold in whites of eggs beaten until stiff. Pour into a greased baking dish and bake in a moderate oven until firm.

Time in oven, 45 minutes. Temperature, 325°. Servings, 4.

CHEESE NIPS

$\frac{1}{2}$ pound cheese	Salt and pepper
1 egg	6 slices toast
$\frac{1}{4}$ cup milk	6 slices bacon

Put cheese through food chopper, add egg, milk, and salt and pepper to taste. Spread thick slices of toast with cheese

mixture and lay a piece of bacon on each. Toast under broiler, turning bacon once. Serve very hot. Servings, 6.

CHEESE SOUFFLÉ

$\frac{3}{4}$ cup milk	1 cup grated cheese
3 tablespoons butter	3 eggs
3 tablespoons flour	

Scald the milk and add to butter and flour which have been combined to a smooth paste. Add cheese, and when melted add slightly beaten egg yolks and fold into stiffly beaten egg whites. Pour into greased baking dish and bake in moderate oven.

Time in oven, 45 minutes. Temperature, 300°. Servings, 4.

CORINTHIAN CHEESE BALLS

Roll fresh, well-seasoned Dutch (cottage) cheese into balls, one or one-half inch in diameter. Then stud well with dried currants, and serve with salad.

CORN MEAL GNOCCHI

2 cups white corn meal	Nutmeg
1 quart boiling water	2 egg yolks
Salt	Grated cheese
Pepper	Melted butter

Cook first five ingredients together for twenty minutes. Beat in egg yolks. Spread one-half inch thick on a moistened pan. When cold cut in two-inch cubes, and place in a buttered dish. Sprinkle with cheese and melted butter, and bake until brown in a moderately hot oven.

Time in oven, 10 minutes. Temperature, 375°. Servings, 10.

CORN MEAL SOUFFLÉ

2 cups milk	Salt
$\frac{1}{2}$ cup corn meal	Pepper
3 tablespoons butter	
$\frac{1}{4}$ cup grated cheese	2 eggs

Scald milk, stir in corn meal gradually, and cook twenty minutes in a double boiler. Add butter, grated cheese, and salt and pepper to taste. Separate eggs, beat yolks until light and whites until stiff. Add yolks to first mixture and blend thoroughly. Fold in whites. Bake in greased baking dish in a moderate oven.

Time in oven, 45 minutes. Temperature, 325°. Servings, 6.

OAKLAND SCALLOP

6 slices stale bread, or	1/8 teaspoon pepper
3 cups bread crumbs	2 cups milk
1/2 pound cheese, sliced thin	2 eggs
1/4 teaspoon salt	

Lay thin slices of stale bread or crumbs, lightly buttered, alternately with layers of cheese in a baking dish, seasoning with salt and pepper. Cover the mixture with milk into which eggs well beaten have been mixed. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

CELERY RAREBIT

2 tablespoons butter	1 cup cheese
2 tablespoons flour	1 whole egg
1 1/2 cups milk	1 egg yolk
Salt, pepper	1 cup diced celery
Paprika	

Make white sauce of first five ingredients, and when thoroughly cooked add cheese and beaten eggs. Stir well until blended. Add celery. Serve on crackers or toast. Servings, 6.

MEXICAN RAREBIT

1 small green pepper	1/8 teaspoon salt
2 tablespoons butter	1/2 cup tomato
1 can corn	2 eggs
1/2 pound cheese	

Wash pepper, remove seeds, and chop or cut in small pieces. Cook slowly in butter until softened. Heat pepper, corn,

cheese, salt, and tomato together in double boiler, or saucepan until cheese melts. Beat eggs, add to hot mixture, stirring constantly, and return to fire until mixture is hot and thickened. Serve on crisp crackers. Servings, 6.

MOCK RAREBIT

2 tablespoons butter	Dash of cayenne
2 tablespoons flour	$\frac{1}{2}$ teaspoon Worcestershire sauce, or
1 cup milk	1 teaspoon grated horseradish
$\frac{1}{2}$ pound grated American cheese	Yolks of 2 eggs
$\frac{1}{2}$ teaspoon salt	

Rub the butter and flour together. Add the milk and stir until boiling. Remove and stir in the cheese. Reheat, beating constantly, and add the salt, cayenne, and Worcestershire sauce or horseradish. Stir in beaten yolks of eggs and pour over crisp brown toast. Each piece may be capped with a poached egg dusted with salt and pepper. Servings, 4.

SAVORY RAREBIT

2 tablespoons green pepper, finely chopped	1 cup canned tomato soup
1 tablespoon onion, finely chopped	$1\frac{1}{2}$ cups soft cheese $\frac{1}{2}$ teaspoon salt Few grains cayenne
1 tablespoon butter	1 egg

Cook pepper and onion in butter three minutes. Add soup and simmer five minutes. Then add cheese, cut in small pieces, and seasonings, stirring constantly until cheese is melted. Add egg slightly beaten and cook until thickened. Serve on soda crackers or toasted whole wheat bread. Servings, 4.

WAVERLEY RAREBIT

1 small onion	1 cup boiled rice
2 tablespoons cooking oil	$\frac{1}{2}$ cup chopped peanuts
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{8}$ teaspoon celery salt
$\frac{3}{4}$ cup cheese	1 teaspoon chives
1 egg	Speck pepper

Sauté sliced onion in oil until slightly yellowed, and add flour and blend well. Add milk and cheese, and cook until mixture is smooth and cheese is melted. Add unbeaten egg to hot mixture and beat well. Add rice, peanuts, and seasonings. Serve hot at once on crisp crackers or squares of toast. Servings, 4.

WELSH RAREBIT

1 tablespoon butter	Few grains cayenne
$\frac{1}{2}$ pound soft cheese	$\frac{1}{3}$ cup rich milk
$\frac{1}{4}$ teaspoon salt	1 egg
$\frac{1}{4}$ teaspoon mustard	

Melt butter, add cheese cut in small pieces, and seasonings. As cheese melts add milk gradually, stirring constantly. Add egg slightly beaten and cook one minute. Serve on toast or crackers. Servings, 4.

RED BUNNY

2 tablespoons butter	2 cups finely cut cheese
2 tablespoons flour	2 eggs
$\frac{1}{2}$ cup thin cream	Salt
1 cup tomato soup (canned)	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{8}$ teaspoon soda	Speck cayenne

Melt butter, add flour, and stir well. Gradually add the cream and cook until the mixture thickens. Add tomato soup which has the soda mixed with it; then cheese, eggs slightly beaten, and seasonings. Serve on toast or toasted crackers. Servings, 6.

RINKTUM DIDDY

1 small onion	Paprika
1 tablespoon butter	Tabasco sauce
1 quart can tomatoes, strained	Salt
1 pound cheese (cut fine)	2 eggs
Worcestershire sauce	Saltines

Chop onion, cook in butter, and add tomatoes. Bring to boil and add cheese. Stir until it melts, then add seasonings to taste and beaten eggs. Serve on saltines. Servings, 8.

FISH

Facts to Remember about Fish Cookery

Fish is important in the dietary as a source of protein. The house-keeper values it, too, because of the variety it lends to her menus.

From a dietary point of view there are two classes of fish—lean or dry-meated fish like haddock, cod and halibut, and fat fish such as mackerel, salmon, shad and blue fish.

In purchasing fish one of the most important points to consider is its freshness. When fresh the flesh is firm and elastic so that it springs back when pressed with the finger. The eyes are bright and clear and the gills bright red in color. It is not strong in odor.

Fish is usually cleaned and dressed at the market and need only be wiped with a damp cloth to remove any loose scales and clotted blood. Sometimes, however, it reaches the kitchen in its natural condition.

The first step in dressing fish is to remove the scales. This is done by scraping with a dull knife, beginning at the tail and working toward the head. The entrails are then removed by slitting the underside of the fish with a sharp knife from the head nearly to the tail and drawing them out with the fingers. The head and tail may be removed or left on as preferred. Large fish usually have the head and tail removed, except sometimes when they are to be baked. Small fish are often cooked with the head and tail on.

To skin a fish remove the fins and a strip of skin the length of the back bone. Loosen the skin on one side at the bony part and draw it off, separating from the flesh with a knife when necessary.

To bone a fish run a sharp knife close to the backbone and ribs, beginning at the tail. Remove all the flesh from one side in a single piece. Small bones that remain may be picked out with the fingers.

A fillet of fish is a small piece with skin and bone removed. Large fish like halibut are cut into slices crosswise and the slices divided into smaller pieces. Small fish are boned and cut in pieces of the desired size.

Fish may be boiled, steamed, baked, broiled, fried or sautéed. The method of cooking to be chosen depends upon the nature of the fish.

Boiling.—Small cod or haddock and thick slices of larger fish like salmon and halibut may be boiled or steamed to good advantage. Water in which fish is boiled should be salted and have a little lemon juice or vinegar added to it to keep the flesh light in color. Steaming has the advantage of retaining all the nutriment and flavor, but it is more difficult to cook seasoning into the fish. It is wise to tie fish in a piece of cheesecloth for boiling or steaming so that it can be handled without breaking.

Baking.—For baking, whole fish of medium size are most often used. A stuffing adds flavor, and a few slices of bacon or salt pork spread over the fish while it is cooking supply fat. Small fish and slices of large fish are sometimes cooked in a hot oven instead of being broiled.

Broiling.—Small and medium-sized fish like mackerel, bluefish and haddock are prepared for broiling by splitting down the back. Slices of halibut, sword fish and salmon may also be broiled. The fish should be wiped as dry as possible, sprinkled with salt and pepper and placed on a well-greased broiler. Whether the skin or flesh side of a whole fish should be broiled first is a debatable point. Broiling the flesh side first prevents the escape of juices, but if the skin side is done first the fish is easier to handle. It is difficult to turn fish during the broiling in the ordinary broiling oven. For this reason it is best to cook one side thoroughly before turning.

Frying or Sautéing. Fish of any kind is often fried or sautéed, although in a dietary sense the lean fish are better adapted to this method of preparation. Small fish are fried whole and larger ones made into fillets. Fish should be wiped dry, seasoned with salt and pepper, rolled in flour or crumbs, beaten eggs, and crumbs again, and fried in deep fat until browned. For sautéing, fish is rolled in flour or corn meal. Salt pork is a particularly good fat to use.

There are various kinds of sauces suitable for serving with fish, but acid sauces are best used with fish richest in fat, while lean fish prepared without the addition of fat call for rich sauces. Lemon may be used as a garnish for fish, and served with it.

Many varieties of fish may be purchased in cans, and others are preserved by salting or smoking, so that fish is always available, even far inland.

Shell fish are important for their unique and delicate flavors. The distinctive dishes of which they are the basis solve many a menu problem.

BAKED ROCK COD, STUFFED

1 tablespoon onion	1 teaspoon salt
$\frac{1}{4}$ cup celery	Pepper
2 tablespoons green pepper	1 egg
$\frac{1}{2}$ cup bread crumbs	3 pounds cod or haddock
$\frac{1}{2}$ pound can crabmeat	

Chop first five ingredients together for stuffing, and add salt, pepper, and the egg. Stuff fish, lay on well-greased pan and bake in moderate oven. Serve with Brown Butter Sauce (see page 235).

Time in oven, 1 hour. Temperature, 350°. Servings, 6.

CODFISH BALLS WITH BEETS

1 cup salt codfish	1/8 teaspoon pepper
1 1/2 cups mashed potato	1 egg
1 cup mashed beets	2 teaspoons parsley
2 tablespoons butter	

Pick the codfish into bits if the shredded variety is not used, and simmer it thirty minutes, changing the water twice. Drain thoroughly, combine with other ingredients and beat well. Shape into cakes, dip in flour and sauté in hot fat. Serve with horseradish. Servings, 6.

CODFISH CAKES

1 cup salt codfish	1 tablespoon butter
2 1/2 cups potato	1/8 teaspoon pepper
1 egg	

Wash fish and pick in very small pieces. Wash and pare potatoes, and cook fish and potatoes in boiling water until potatoes are soft. Drain, mash thoroughly, add egg well beaten, butter, and pepper. Beat, add salt if necessary. Take up by spoonfuls and fry in deep fat. Drain on brown paper. Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPANISH CODFISH

1/2 pound codfish	4 tablespoons flour
1/2 onion	2 cups milk
2 tablespoons butter	Salt, pepper
2 tablespoons green pepper	2 tablespoons Chili sauce

Freshen codfish and shred. Sauté onion in butter or drippings, add green pepper, and cook two minutes longer. Add flour and blend well. Then add milk and cook until thick. Season and add Chili sauce and codfish. Reheat and serve very hot. Servings, 6.

CREAMED FINNAN HADDIE

1/4 cup cut green pepper	1 1/2 cups milk
3 tablespoons butter	2 cups cooked finnan haddie
3 tablespoons flour	Salt and pepper to taste

Wash pepper, remove seeds and white portion, cut in small pieces, and cook one minute in butter. Add flour, stir until smooth, add milk gradually, and cook until thickened. Remove skin and bones from finnan haddie, and separate into flakes or cut in small pieces. Add to sauce, season to taste, and serve. Servings, 4.

FINNAN HADDIE WITH GLOUCESTER POTATOES

6 potatoes	2 tablespoons butter
2 cups finnan haddie (cooked)	1 teaspoon salt
	Milk

Bake potatoes. While hot cut a slice from the top of each and remove inside. Put through ricer, add finnan haddie, butter, salt, and enough milk to make of the consistency of mashed potato. Beat until light and refill shells with the mixture. Put a bit of butter on the top of each, sprinkle with paprika, and heat thoroughly in the oven. Servings, 6.

BAKED FILLETS OF HALIBUT

8 fillets of halibut	8 teaspoons catsup
1 teaspoon salt	8 slices lemon
$\frac{1}{4}$ teaspoon pepper	4 teaspoons butter
1 tablespoon sugar	Cold water
8 slices onion	

Wash fillets and dry thoroughly. Place in a well-greased baking pan and sprinkle with the salt, pepper, and sugar. Divide the other seasonings equally among the fillets. Pour cold water into the pan to come half-way to the top of the fillets. Bake, basting frequently with the liquor in the pan, adding more hot water if needed. Do not let the water boil entirely out although most of it should evaporate. Remove fillets to a hot platter and pour remaining liquor in pan over them. Garnish with parsley. Any filleted white fish may be cooked in this way.

Time in oven, 30 minutes. Temperature, 425°. Servings, 8.

HALIBUT IN SCALLOP SHELLS

2 tablespoons butter	$1\frac{1}{2}$ cups cooked halibut
2 tablespoons flour	Onion slices
1 cup milk	Mashed potato

Make a white sauce of the butter, flour and milk. Season to taste and add halibut flaked. Put a slice of onion in each scallop shell and cover with halibut mixture. Decorate with potato put through pastry tube, and heat thoroughly. Servings, 6.

PLANKED HALIBUT WITH BACON

1½ pound slice of halibut	Mashed potato
6 slices bacon	

Lay the slice of halibut in a baking pan and cover with slices of bacon. Bake until bacon is done on one side and fish partly done. Remove fish to a heated plank, turn pieces of bacon and garnish with a border of mashed potatoes. Return to oven or brown under the boiler. Garnish with slices of lemon, bits of parsley, tomato and cucumber. Serve at once. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SALMON CUTLETS

1 cup salmon	1 teaspoon salt
1½ cups mashed potato	¼ teaspoon pepper
1 egg	1 teaspoon grated onion

Flake salmon and add all other ingredients. Form into cutlets, roll first in crumbs, then in egg slightly beaten with one tablespoon of water added, then again in crumbs. Fry in deep fat and serve with Creamed Pea Sauce (see page 238). Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 4.

SALMON LOAF

1 can salmon (large)	1 teaspoon salt
4 tablespoons melted butter	½ teaspoon pepper
1 cup fine bread crumbs	2 teaspoons chopped parsley
4 eggs	1 cup boiled vermicelli
1 teaspoon mustard (prepared)	

Chop salmon, add butter, bread crumbs, eggs and seasonings. Mix, pour into greased mold and steam one hour. Turn out on platter, garnish with vermicelli and serve with White Sauce (see page 240). Servings, 6.

MOLDED SALMON

1 No. 1 can salmon	$\frac{1}{2}$ tablespoon flour
1 tablespoon gelatine	1 teaspoon mustard
2 tablespoons cold water	Few grains cayenne
$\frac{3}{4}$ cup milk	2 egg yolks
1 teaspoon salt	1 $\frac{1}{2}$ tablespoons melted butter
2 teaspoons sugar	$\frac{1}{4}$ cup vinegar

Remove salmon from can. Rinse well with warm water to remove oil, and separate into flakes. Soak gelatine in cold water. Make a boiled dressing, by heating milk in double boiler and adding salt, sugar, flour, mustard, and cayenne mixed. To these add egg yolks, slightly beaten, and melted butter. Pour over mixture a little of the scalded milk, then pour back into double boiler and cook until thick, stirring constantly. When thick add vinegar and soaked gelatine. Strain and add to salmon. When mixture begins to set, mold and chill. Serve with Cucumber Sauce (see page 236). Servings, 4.

SALMON PIE

1 No. 1 can salmon	Pastry
1 cup macaroni	1 $\frac{1}{2}$ cups drawn butter sauce
4 eggs	

Remove skin and bones from salmon, cook macaroni, and chop eggs which have been hard cooked. Line baking dish with pastry, put in layers of salmon, macaroni, egg, and add sauce. Cover with crust and bake in a moderately hot oven. Time in oven, 20 minutes. Temperature, 375°. Servings, 4.

SALMON AND POTATO SCALLOP

2 tablespoons flour	1 quart mashed potato
2 tablespoons butter	2 eggs
1 cup milk	$\frac{1}{2}$ cup milk
1 cup flaked salmon	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup boiled onions	Pepper

Make paste of flour and butter, add milk and cook until thick. Then add salmon and onion. Line a baking dish with mashed potato, fill with creamed salmon. Beat eggs, add milk,

salt and pepper, and pour over potato and salmon. Bake in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°. Servings, 6.

SCALLOPED SALMON

2 cups salmon	1 Bermuda onion
1 cup bread crumbs	1½ cups white sauce (medium)
Salt, pepper	2 eggs
2 tablespoons butter	

Into a buttered baking dish put alternate layers of flaked, canned salmon, crumbs, and seasonings. Dot butter over the top layer, which should be of crumbs.

If the dish is a glass one, put slices of the onion down on the sides at regular intervals for garnish. If not, slice and put in with the crumbs and salmon. Over all pour the white sauce and bake in a moderately hot oven. Garnish with sliced, hard-cooked eggs.

Time in oven, 20 minutes. Temperature, 375°. Servings, 4.

ROYAL SCALLOPED SALMON

1 No. 1 can salmon	½ cup stuffed olives
2 hard boiled eggs	4 tablespoons buttered crumbs
1 cup bread crumbs	1 teaspoon salt
1 cup white sauce	Pepper

Put a layer of salmon in buttered individual dishes. Then a layer of chopped eggs, a layer of crumbs, white sauce, chopped olives, and a layer of buttered crumbs. Season each layer. Bake in a moderately hot oven, and serve hot.

Time in oven, 15 minutes. Temperature, 375°. Servings, 5.

SMOKED SALMON EN CASSEROLE

¾ pound smoked salmon	1 teaspoon butter
2 cups diced potatoes	2 tablespoons flour
½ cup sliced onion	½ cup hot milk
2 cups peas	

Cut salmon in half-inch pieces. Cover bottom of casserole with onions and potatoes, add fish and peas, pour hot water over this and bake forty-five minutes in a moderate oven.

Make a white sauce of butter, flour, and milk, and add to casserole. Cook fifteen minutes longer, stirring if necessary. If too salty, pour boiling water over fish and rinse with cold water before using.

Total time in oven, 1 hour. Temperature, 325°. Servings, 4.

TUNA FISH LOAF

1 pound can tuna	1 teaspoon baking powder
2 eggs or whites of 4	1 teaspoon salt
½ cup water	½ lemon (juice)
¼ teaspoon celery salt	Speck cayenne
1 cup bread crumbs	

Mix all ingredients together well. Pack in bread tin and bake in a moderate oven. Turn out on a platter and serve with white sauce to which chopped parsley has been added. Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

TUNA NEWBERG

1 tablespoon butter	1½ tablespoons chopped pimiento
1 tablespoon flour	
1¼ cups thin cream	1 tablespoon grated onion
1½ tablespoons chopped green	2 cups tuna fish
pepper	1 egg

Melt butter, add flour, and the cream gradually and bring to boiling point. Add pepper, pimiento, onion, and tuna fish. Add the egg, slightly beaten, and cook three minutes. Serve in timbale cases, patty cases, or on toast. Servings, 6.

FRIED FILLETED WEAKFISH

Weakfish	Pepper
Flour	1 egg
Salt	2 tablespoons water

Cut fish into pieces convenient for serving. Wipe dry, and dip in flour to which salt and pepper have been added, then in egg slightly beaten and mixed with water, then again in the seasoned flour. Fry in deep fat. Drain on crumpled paper. Garnish with parsley and slices of lemon. Serve with Hollandaise Sauce (see page 237) or with grated American

cheese, to which an equal quantity of Chili sauce has been added.

Time in cooking, 3 minutes (each piece). Temperature of fat, 375°.

FISH COMBINATIONS

BOUILLABAISSE À LA MARSEILLAISE

$\frac{1}{2}$ pound halibut	1 carrot
$\frac{1}{2}$ pound salmon	1 parsnip
$\frac{1}{2}$ pound haddock	2 onions
$\frac{1}{2}$ pound cod	1 stalk celery
1 cup oysters	Parsley (1 or 2 small sprigs)
1 cup clams	1 cup tomato pulp
1 quart water	Salt and pepper

Prepare fish by cutting the flesh in cubes. Cook bones and skin of fish in water for stock, strain, and use for cooking diced vegetables and fish. Cook these until tender then add prepared fish, tomato pulp, seasoning, and cook slowly twenty minutes. Serve like chowder with toast or crackers.

Servings, 8.

FISH À LA KING

$1\frac{1}{4}$ cups milk	2 tablespoons lemon juice
6 tablespoons flour	Pinch nutmeg
3 pimientos	2 cups fish
1 cup mushrooms or celery	

Beat milk and flour together until smooth, and cook three minutes over fire. Add cut pimientos, mushrooms, or celery cut in pieces and parboiled, and seasonings. Add fish and reheat in double boiler or chafing-dish. Servings, 6.

LEMON STEW FISH

1 cup mixed soup vegetables	$\frac{1}{2}$ cup lemon juice
2 pounds salmon or halibut in thick slices	2 cups fish stock
2 eggs	Salt, pepper

Put vegetables in bottom of kettle, lay fish on top, cover with water and cook. Lift fish carefully into bowl and strain the

stock. Pour over the fish the hot lemon dressing made as follows: Beat the eggs with the lemon juice, add strained stock, seasonings, and cook in double boiler until thickened. Serve fish cold. Servings, 8.

MOLDED FISH

1 tablespoon sugar	2 egg yolks
1 teaspoon mustard	$\frac{1}{4}$ cup vinegar
1 tablespoon flour	1 tablespoon gelatine
1 teaspoon salt	2 tablespoons cold water
Speck cayenne	2 cups flaked fish
$\frac{3}{4}$ cup rich milk	1 tablespoon butter

Mix dry ingredients and add to milk, cook until thick. Beat egg yolks, add vinegar, and add to thickened mixture. Cook two minutes longer; then add the gelatine which has been soaked in the cold water and stir until well dissolved. Add fish, butter, and more salt if necessary. Pour into a greased mold and let stand until firm. Serve on crisp tender lettuce leaves with or without mayonnaise. Servings, 6.

FISH LOAF

3½ tablespoons butter	$\frac{2}{3}$ teaspoon salt
3½ tablespoons flour	$\frac{1}{3}$ cup soft bread crumbs
2 cups milk or fish stock	2 cups cooked fish
$\frac{1}{8}$ teaspoon paprika	2 eggs

Melt butter or any suitable fat, add flour, and when smooth stir in liquid. Cook until thickened, add seasonings and crumbs and cool. Remove bones and skin from fish, add to sauce and mix well. Stir in beaten yolks of eggs and fold in stiffly beaten whites. Turn into a greased baking dish and bake in moderately hot oven until firm. Serve with Cheese Sauce (see page 235).

Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

PICKLED FISH

2 pounds whitefish	10 cloves
1 pint vinegar	3 bay leaves
1 pint water	1 teaspoon sugar
2 onions	1 tablespoon gelatine
Salt and pepper	

Boil fish in vinegar and water with onions, spices, and sugar for one hour. Separate fish from bones and skin and put into crock. Cook liquid enough longer to reduce it to one pint, strain, and add softened gelatine. Pour over fish and cool until liquid jellies. This will keep for some time and is convenient to have on hand for emergency meals. Servings, 6.

PLANKED FISH

5 pounds haddock	2 cups minced carrots
6 cups mashed potato	4 pickled beets

Bake the haddock in a moderate oven until thoroughly cooked, but still perfectly firm, and remove to a heated plank. The fish may be stuffed or not as desired. Put a border of potato around the edge, using a pastry bag. Garnish with minced carrots and potato roses. Brown slightly and heat through in the oven, then arrange the pickled beets which have been cut in fancy shapes.

Total time in oven, 1 hour. Temperature, 350°. Servings 8.

SCALLOPED FISH

4 tablespoons butter	1 teaspoon grated onion
1/4 cup flour	2 teaspoons salt
2 cups milk	Pepper
1 1/2 cups flaked fish	1/4 cup bread crumbs
1/4 teaspoon celery salt or dried celery leaves	

Melt butter, add flour and mix to a smooth paste. Add milk and cook until thick, stirring all the time; then add fish and seasonings. Put into individual ramekins, sprinkle with crumbs and bake in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°. Servings, 10.

SCALLOPED FISH WITH VEGETABLES

1 small green pepper	1 cup cooked spaghetti
1 small onion	1 teaspoon salt
1 cup water	Speck pepper
1 cup left-over creamed fish	1/4 cup grated cheese
1 cup chopped buttered carrots	

Remove seeds from pepper, chop with onion, and cook ten minutes in water. Add all the other ingredients except cheese. Put in a baking dish and sprinkle with cheese. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

SHELL FISH

NEW YORK CLAM CHOWDER

½ pound salt pork	1 cup yellow turnip
1 pint potatoes	2 tablespoons parsley
1 cup onion	2 teaspoons salt
½ cup carrots	Water
1 pint tomatoes	1 pint clams

Dice pork and fry brown, add chopped vegetables, seasonings, and water to cover and cook one hour. Add clams and cook thirty minutes longer. Add more seasoning if desired. Serve very hot. Servings, 12.

CRAB CUTLETS

3 tablespoons butter	½ teaspoon grated onion
4 tablespoons flour	½ teaspoon salt
1 cup rich milk	½ teaspoon paprika
1½ cups crabmeat	½ teaspoon Worcestershire
½ cup soft bread crumbs	sauce

Melt butter, add flour and blend thoroughly. Add milk slowly and cook until thick. Then add remaining ingredients. Cool and shape in cutlets. Roll in fine crumbs, dip in egg, and roll in crumbs again. Fry in deep fat and drain on absorbent paper. Serve with Creole Sauce (see page 236).

Time in cooking, 3 minutes each. Temperature of fat, 360°. Servings, 6.

DEVILED CRABMEAT

1 tablespoon onion	¼ teaspoon mustard
1 tablespoon green pepper or pimiento	Salt, cayenne
2 tablespoons minced celery	2 cups milk or meat stock
2 tablespoons butter	1½ cups crabmeat
4 tablespoons flour	Bread crumbs
	¼ cup grated cheese

Chop onion, pepper and celery very fine, sauté in hot butter, add flour and seasonings, blend well and add milk or stock. Cook until thick, then add shredded crabmeat. Fill shells or ramekins, sprinkle with buttered crumbs and grated cheese. Bake in a moderate oven and serve with a slice of lemon. Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

CRAB MEAT À LA NEWBERG

1½ cups crab meat	Speck nutmeg
½ cup butter	½ cup thin cream
¼ teaspoon salt	2 egg yolks

Cut crab meat in pieces. Melt butter, add crab meat, and cook three minutes. Add seasonings, cream, and egg yolks slightly beaten. Cook until thickened, stirring constantly. Servings, 4.

YOKOHOMA PATTIES (Crabmeat)

3 tablespoons butter	½ cup mushrooms
3 tablespoons flour	2 tablespoons pimiento
¾ cup milk	1 teaspoon chopped chives
¾ cup cream	¾ teaspoon salt
1½ cups crabmeat	

Melt butter, add flour and stir until well blended. Add milk and cream slowly, stirring constantly, until thickened. Add crab meat, mushrooms sautéed in butter, pimiento cut in thin strips, chives and salt. Serve in patty shells. Servings, 6.

LOBSTER BOUCHÉES

2 tablespoons butter	1 egg
1 tablespoon flour	½ teaspoon salt
¾ cup top milk	¼ teaspoon Worcestershire
1½ cups lobster meat	sauce
½ cup mushroom	

Melt one tablespoon butter and add flour. Add milk slowly, stirring until smooth, and bring to boiling point. Add lobster cut in small pieces, and mushrooms which have been sliced, and browned in the remaining tablespoon of butter. Add egg, slightly beaten, and the seasonings. Serve in cases made by baking pastry in patty pans. Servings, 6.

MERRYMOUNT LOBSTER

1 cup thin cream	Few drops onion juice
$\frac{1}{2}$ cup soft bread crumbs	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups lobster meat	Dash cayenne
1 egg	$\frac{1}{8}$ teaspoon white pepper
$\frac{1}{2}$ teaspoon prepared mustard	1 tablespoon butter
1 teaspoon lemon juice	$\frac{1}{2}$ cup buttered cracker crumbs

Heat cream almost to boiling point and add bread crumbs, and lobster meat cut fine. Beat egg slightly and mix mustard with it. Add to the first mixture and cook until thickened, stirring constantly. Add remaining seasonings and the butter. Put in scallop shells or ramekins, cover with buttered crumbs, and bake in a hot oven until crumbs are brown.

Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

CREAMED OYSTERS

1 quart oysters	1 teaspoon salt
4 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
4 tablespoons flour	Toast
2 cups hot milk	Parsley

Drain and clean, and parboil the oysters. Drain again. Melt butter, add flour, stir until smooth, and add milk. Cook in double boiler, stirring frequently. Season with salt and pepper to taste. Add oysters and serve on toast garnished with parsley. Servings, 6.

PANNED OYSTERS

1 cup oysters	$\frac{1}{2}$ cup nuts (pecans or walnuts)
1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	Speck paprika, speck pepper
1 cup milk	4 long rolls
$\frac{1}{2}$ cup celery	

Scald oysters in skillet until edges curl and remove from liquor. Add butter and flour creamed, milk, and cook until thick. Add celery diced and nuts broken in small pieces. Season to taste, add oysters, heat thoroughly. Remove tops from rolls, scoop out soft part and toast remainder slightly. Fill with oysters, cap with toasted tops, and serve at once. Servings, 4.

FRIED SCALLOPS

1 quart scallops
Salt, pepper

Bread crumbs
1 egg

Clean scallops, turn into a saucepan, and cook until they begin to shrivel, drain, and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in beaten egg, again in crumbs, and fry in deep fat. Drain on brown paper. Serve with Tartare Sauce (see page 239).

Time in cooking, 2 minutes each. Temperature of fat, 360°.
Servings, 4.

SHRIMP À LA CREOLE

1 tablespoon butter
1 tablespoon flour
1 cup milk
1 egg
Salt and pepper
2 pimientos

$\frac{1}{4}$ cup onion, grated
 $\frac{1}{2}$ cup tomato
1 can shrimps
Bit of garlic
Paprika, parsley

Melt butter, add flour and blend thoroughly. Add milk gradually, stirring until smooth, and cook until thickened. Add egg slightly beaten, salt and pepper and cook three minutes. Add chopped pimientos, grated onions, and canned or chopped tomato, shrimps and garlic. Serve in large deep clam shells. Sprinkle with paprika and minced parsley.
Servings, 6.

SHRIMP CUTLETS

2 cups shrimp
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup flour
1 cup cream
3 egg yolks

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
Speck nutmeg
2 tablespoons water
1 egg white, slightly beaten

Mince shrimp very fine, melt butter, and add flour to make a smooth paste. Add cream and cook until thick and smooth. Add shrimp, egg yolks, and seasonings, and mix well. When cold shape into cutlets. Add water to egg white. Dip cutlets in flour, then in egg white, and then in flour again. Fry in deep fat. Serve hot in a bed of lettuce leaves with Hollandaise Sauce (see page 237).

Time in cooking, 3 minutes each. Temperature of fat, 380°.
Servings, 6.

SHRIMPS, NEW ORLEANS STYLE

2 tablespoons butter	1/2 teaspoon salt
1 cup canned shrimp	1/4 teaspoon celery salt
1 cup hot boiled rice	Few drops onion juice
3/4 cup heavy cream	1/4 cup tomato sauce

Melt butter, add shrimps and cook three minutes. Add rice, cream, seasonings, and tomato sauce. Heat and serve garnished with points of hot buttered toast. Servings, 4.

SHRIMP PIE

3 tablespoons butter	1 cup cooked diced potatoes
3 tablespoons flour	1 cup peas
2 cups milk	1/2 teaspoon salt
1/2 tablespoon anchovy paste	1 teaspoon grated onion
2 cups shrimp	Pastry

Melt butter, add flour and blend well. Add milk slowly, stirring until thickened. Bring to boiling point and add anchovy paste. Remove intestinal vein from shrimp and cut in pieces. Add to the sauce, together with potatoes, peas, and seasonings. Put in baking dish, cover with pastry, and bake in a hot oven. Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

SHRIMP WIGGLE

1 can shrimp	1 1/2 tablespoons butter
1 can tomato soup	1 1/2 tablespoons flour
Pinch of soda	1 1/2 cups milk
1 can peas	Salt and pepper

Wash shrimp, remove intestinal vein, and cut each in two or three pieces. Heat tomato soup, add soda to keep from curdling the milk, add peas and shrimp, and cook a few minutes. Make a white sauce of the butter, flour, milk, seasonings, and add just before serving. Servings, 8.

FROSTINGS AND FILLINGS

Facts to Remember about Frostings and Fillings

Frostings are of two kinds, cooked and uncooked.

Most cooked frostings are made by boiling a syrup to the soft ball stage and beating it until creamy, or adding it to stiffly beaten egg whites. The surest way for success with cooked frostings is to use a candy thermometer.

Uncooked frostings are made with confectioners' or powdered sugar, preferably the former, moistened with some liquid to make it of the right consistency to spread, and flavored in different ways. The addition of butter helps to keep the frosting moist and takes away the raw taste.

Any frosting may be used as a filling. For fillings less sweet than a regular frosting, mixtures thickened with cornstarch or flour, or fruits cooked to a paste are good.

Always pour frosting on the center of the cake and as far as possible let it spread itself, aiding it, when necessary, with a knife. Either frost the sides like the top or take care that no drops run down from the top.

When covering small cakes with boiled frosting place the cake on an inverted cup and set the cup over a jar so that it may be twirled about easily. Cover the top of the cake with frosting and let it come well down over the sides. Hold a small spatula straight against the side of the cake and twirl the cup. The sides of the cake will be frosted smoothly and the edges attractively ridged.

If fondant is used for coating small cakes it should be melted and the cakes dipped into it.

When a soft filling is used for a cake the top is attractive if sprinkled with powdered sugar instead of being frosted.

For decorating frosted cakes, candied fruit, angelica, colored citron, tiny candies, orange peel, preserved ginger, nuts or colored popcorn may be used, or some of the frosting may be forced through a pastry tube.

BAGDAD FROSTING

2 cups granulated sugar	1 cup figs, cut up small
½ cup water	

Put sugar and water over fire and cook until it will form a soft ball when dropped in cold water. Do not stir the syrup.

Add figs and boil up again. When slightly brittle in cold water, remove from fire and beat until it thickens. Spread on cake before it cools. This makes an unusual frosting or filling, and when dropped on waxed paper, a very delicious candy results. Enough frosting for 12 cup cakes.

BOILED FROSTING

1 cup sugar	2 egg whites
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon vanilla

Dissolve sugar in boiling water, and boil without stirring until a soft ball is formed when a little is dropped in cold water. Have egg whites beaten until stiff and dry. Pour sugar syrup over them in a fine stream, beating constantly. Continue beating until stiff enough to hold shape. Add vanilla.

CARAMEL FROSTING No. 1.

1 egg white	Brown sugar
2 tablespoons rich milk	Cocoanut

Beat egg white until it is very stiff and dry. Add rich milk, and enough sugar to make a mixture that will spread without running. After it has been spread on the cake sprinkle with cocoanut.

CARAMEL FROSTING No. 2.

2 cups brown sugar	2 tablespoons butter
2 teaspoons flour	1 teaspoon vanilla
$\frac{1}{2}$ cup milk	2 tablespoons marshmallow whip

Mix sugar and flour, add milk and butter, and cook until it forms a firm ball in cold water. Beat until thick, add flavoring and marshmallow. Beat until smooth. Marshmallow may be omitted.

CHOCOLATE FROSTING

Add to Plain Frosting one square of chocolate melted over hot water and mixed with one tablespoon of warm water.

CHOCOLATE ICING

1 cup sugar	Pinch salt
$\frac{3}{4}$ cup cream	$\frac{1}{2}$ teaspoon vanilla
2 squares melted chocolate	

Mix sugar, cream, chocolate, and salt. Boil slowly and carefully until a little tried in cold water forms a soft ball. Let cool slightly and flavor. Beat until thick enough to spread on cake without running.

INCH HIGH FROSTING

1 teaspoon granulated gelatine	$\frac{1}{4}$ cup hot water
3 tablespoons cold water	2 egg whites
1 cup sugar	$\frac{1}{2}$ teaspoon vanilla

Soak gelatine in cold water and dissolve over steam. Dissolve sugar in hot water and boil until the syrup will spin a thread. Strain gelatine into syrup. Have egg whites beaten very stiff on a platter, add syrup slowly, beating constantly. When all the syrup has been added, turn the mixture into the top of a double boiler and cook until it is stiff enough to hold its shape, stirring all the time with a wooden spoon.

MAPLE FROSTING

1 cup maple sugar	1 tablespoon butter
$\frac{1}{2}$ cup thin cream	

Cut or break sugar in small pieces, add cream and butter, heat slowly, stirring until sugar is dissolved. Boil to soft ball stage and beat until thick enough to spread.

MAPLE SYRUP FROSTING

$\frac{1}{2}$ cup maple syrup	1 egg white
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Boil syrup until it threads. Pour over stiffly beaten white of egg and beat until thick.

MERINGUE

Pinch salt	$\frac{1}{4}$ cup granulated sugar
2 egg whites	

Add salt to egg whites and beat until stiff. Add sugar gradually and continue beating. Spread over pie and bake in a moderate oven.

ORANGE COCOA FROSTING

1 cup powdered sugar	3 tablespoons orange juice
1 orange (grated rind)	$\frac{1}{4}$ cup crystallized orange peel
4 tablespoons cocoa	

To the sugar add the grated orange rind, the cocoa, and enough orange juice to soften the sugar. Lastly stir in the finely cut crystallized orange peel.

PALM BEACH FROSTING

3 cups sugar	$\frac{1}{4}$ cup chopped almonds or almond paste
1 cup water	
4 egg whites	$\frac{1}{4}$ cup chopped filberts
2 to 3 squares chocolate melted	2 teaspoons lemon juice
1 slice candied pineapple	1 teaspoon orange juice
	$\frac{1}{2}$ cup figs, cut in small pieces

Put sugar and water in saucepan. Stir until sugar is dissolved and put on stove to boil. Beat egg whites until stiff, add one tablespoon boiling syrup and continue beating while four more tablespoons syrup are being added. Let syrup continue to boil until it spins a long thread when dropped from a spoon, and add to whites of eggs in fine steady stream, beating with egg-beater constantly. Remove egg-beater, beat with spoon until cold, set over hot water and fold over and over until frosting holds its shape. Reserve enough frosting for top and sides of cake and add chocolate. To remaining frosting add candied pineapple, cut in small pieces, chopped almonds, filberts, lemon juice, orange juice, and figs. Put this on first and then double frost with a layer of the chocolate mixture.

PINEAPPLE ICING

3 tablespoons crushed pineapple	2 cups confectioners' sugar
	2 tablespoons butter

Add enough pineapple to confectioners' sugar to make icing of right consistency to spread. Beat in butter which has been softened but not melted. Spread thickly on cake.

PLAIN FROSTING

1 cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons cream or milk	

To the powdered sugar add the cream or milk. Mix well and add the vanilla. Spread on cake. More sugar may be added if the frosting is not as thick as desired.

QUICK ICING

3 tablespoons water	1 egg white
1 cup sugar	

Put ingredients in top of double boiler, and cook over hot water, beating constantly with a rotary egg-beater, until icing is fluffy and will hold its shape.

SOUFFLÉ ICING

1 egg white (unbeaten)	1 cup powdered sugar
3 tablespoons cold water	$\frac{1}{4}$ teaspoon flavoring

Put all ingredients in top of double boiler. Have the water underneath boiling but not too hard, and cook the mixture seven minutes beating constantly. This icing will stand several days and remain creamy.

FILLINGS

CHOCOLATE FILLING

2 cups milk	2 squares chocolate
$\frac{3}{4}$ cup sugar	1 egg
$\frac{1}{2}$ cup flour	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	

Scald milk. Mix sugar, flour, and salt, and add milk gradually. Add chocolate, grated, and cook in double boiler fifteen

minutes, stirring constantly until thickened. Add egg slightly beaten and cook three minutes longer. Cool, and add vanilla.

CHOCOLATE ROLL FILLING

2 squares chocolate	1 tablespoon cornstarch
½ cup sugar	¾ cup milk
½ cup water	1 egg
1 teaspoon butter	

Melt chocolate, add sugar, water, and butter, and blend to a smooth paste. Mix cornstarch with milk, add to chocolate, and stir until well blended. Let cook ten minutes in double boiler. Add egg slightly beaten and cook three minutes longer. Add butter and vanilla, and spread on cake while still hot.

COCOANUT DATE FILLING

3 tablespoons cocoanut	3 tablespoons orange juice
½ cup water	3 tablespoons sugar
½ teaspoon salt	1½ teaspoons vanilla
1 cup dates, ground	

Mix ingredients, and cook slowly together until thick enough to spread between cakes. Remove from fire. Cool, and add vanilla.

COCOANUT PINEAPPLE FILLING

½ cup water	¼ cup sugar
½ cup pineapple juice	½ teaspoon salt
½ cup canned pineapple, cut in small pieces	2 tablespoons cocoanut
2½ tablespoons cornstarch	2 tablespoons lemon juice

Speck cinnamon

Bring water and pineapple juice to boiling point. Add pineapple, cornstarch mixed with sugar and salt, and cook twenty minutes. When cool, add cocoanut, lemon juice, and cinnamon.

CREAM PUFF FILLING

2 cups milk	¼ cup cold water
½ cup sugar	2 eggs
½ cup flour	1 teaspoon vanilla
½ teaspoon salt	

Heat milk in double boiler. Mix sugar, flour, and salt, add water and stir until smooth. Add to hot milk and cook in double boiler fifteen minutes, stirring constantly until thickened. Add eggs slightly beaten and cook until eggs are thickened. Cool, and add vanilla.

CUSTARD FILLING

1 cup milk	Speck salt
1 tablespoon butter	1 egg
2 tablespoons flour	$\frac{1}{4}$ teaspoon vanilla
2 tablespoons sugar	

Heat milk. Cream butter, mix with flour, and add milk. Cook ten minutes. Add sugar, salt, and slightly beaten egg. Cook in double boiler until thick. Cool, and add vanilla.

DATE FILLING

1 package dates	1 tablespoon sugar
1 cup water	1 tablespoon lemon juice

Remove stones from dates, and cook with water and sugar until like jam. Cool, and add lemon juice.

FIG FILLING

$\frac{1}{2}$ pound figs	1 cup sugar
1 cup water	1 teaspoon vanilla

Chop the figs fine, and boil them in the water until tender. Add sugar, and cook in a double boiler until smooth and thick. Remove from heat and add vanilla. Cool before using.

FRUIT AND NUT FILLING

1 cup chopped raisins	1 egg white
$\frac{1}{2}$ cup chopped nuts	Currant jelly
$\frac{1}{2}$ cup shredded cocoanut	

Mix the raisins, nuts, and cocoanut, and add them to the stiffly beaten egg white. Spread the layers of cake first with currant jelly and then with the filling.

HAZEL NUT FILLING

2 tablespoons butter	$\frac{1}{3}$ cup ground pecan nuts
1 egg yolk	2 tablespoons pistachio nut meats
3 tablespoons powdered sugar	
$\frac{1}{2}$ teaspoon vanilla extract	1 $\frac{1}{2}$ tablespoons cream or evaporated milk
$\frac{1}{3}$ cup ground hazel nuts	

Cream butter, add egg yolk, and stir until well mixed. Add powdered sugar, vanilla extract, nut meats, and cream drop by drop.

JAPANESE FILLING

1 cup grated cocoanut	$\frac{1}{4}$ teaspoon salt
2 cups sugar	1 cup cornstarch
2 cups water	$\frac{1}{3}$ cup lemon juice

Cook cocoanut, sugar, water, salt, and cornstarch for forty-five minutes in double boiler. Add lemon juice and spread while hot between layers of cake.

JAPANESE ICING

1 cup sugar	1 egg white
$\frac{1}{2}$ teaspoon cream of tartar	$\frac{1}{4}$ teaspoon almond extract
$\frac{1}{3}$ cup water	

Cook sugar, cream of tartar, and water together until it will spin a thread. Pour gradually, beating constantly, over stiffly beaten white of egg. Add almond extract and beat until thick.

LEMON FILLING

3 egg yolks	$\frac{1}{2}$ cup butter
2 lemons (juice and grated rind)	1 cup sugar

Beat egg yolks until thick, add other ingredients, and cook in a double boiler, stirring constantly, until mixture is thick and smooth. Cool before spreading on cake.

MOCHA CREAM FILLING

1 cup milk	1 tablespoon flour
2 tablespoons ground coffee	2 egg yolks beaten
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Cook milk and coffee five minutes. Strain, pour over sugar and flour mixed together, and cook in double boiler fifteen minutes. Add beaten egg yolks and cook until thick. Cool, and add vanilla.

MOCHA FILLING AND ICING

1 cup confectioners' sugar	2 tablespoons coffee infusion
2 tablespoons butter	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons cocoa	

Cream sugar and butter. Boil cocoa and coffee for three minutes, cool, and add to first mixture. Add vanilla.

PINEAPPLE FILLING

1 $\frac{1}{2}$ teaspoons cornstarch	1 cup crushed pineapple
$\frac{3}{4}$ cup sugar	1 tablespoon lemon juice

Mix cornstarch and sugar, add pineapple and lemon juice. Bring to boiling point and boil gently until of the consistency of jam, stirring frequently to prevent burning. Cool before using.

STRAWBERRY FILLING

$\frac{1}{4}$ cup butter	1 cup mashed strained straw-
1 cup sugar	berries

Cream butter and sugar. When light stir in strawberries, mashed and passed through coarse sieve. Whip well and stand on ice half an hour. Use filling generously and serve at once.

VERMONT MAPLE FILLING

1 cup maple syrup	$\frac{1}{2}$ cup whipped cream
Few grains of salt	Chopped nuts
1 egg white	

Boil syrup until it threads. Add salt to egg white, and beat until stiff. Add syrup to egg white slowly, beating constantly. Add cream, and continue beating until mixture is thick enough to spread. This filling can be used for the top of cake also, and sprinkled with chopped nuts.

MACARONI AND SPAGHETTI

(See Cereals for Facts to Remember)

BAKED MACARONI

1 cup uncooked macaroni	2 cups tomato
3 tablespoons flour	Seasonings
3 tablespoons butter	Bread crumbs

Boil macaroni in salted water until tender, drain and rinse with cold water. Combine flour with melted butter, add tomato and cook eight minutes. Season to taste. Put macaroni in greased baking dish, cover with tomato sauce, sprinkle with bread crumbs, and bake in moderate oven.

Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

BAKED MACARONI AND CHEESE

1 cup macaroni	$\frac{1}{2}$ cup grated American cheese
$1\frac{1}{2}$ cups thin white sauce	$\frac{1}{2}$ cup buttered bread crumbs

Cook macaroni in salted water until soft, and mix with white sauce, and cheese. Pour into greased baking dish, sprinkle buttered crumbs over top of mixture, and bake in moderate oven until crumbs are golden brown, and the sauce cooks up through the mixture.

Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

MACARONI CROQUETTES

1 cup milk	Salt and pepper
4 tablespoons flour	Egg
2 tablespoons butter	Crumbs
2 cups chopped, cooked macaroni	

Make white sauce of milk, flour, and butter. Mix with macaroni and season. Form into croquettes about the size of

an egg, dip in flour, egg, and crumbs. Fry in deep fat. Serve with Thin White Sauce (page 240).

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 8.

MACARONI WITH POACHED EGG

$\frac{1}{4}$ cup macaroni	2 teaspoons grated cheese
1 egg	Salt

Boil macaroni in salted water and mold in a square. Poach an egg and place on the macaroni. Sprinkle with grated cheese, season, and serve with garnish of parsley. Serving, 1.

MACARONI AND TOMATO AU GRATIN

2 cups macaroni	$\frac{1}{2}$ teaspoon celery salt
1 pint tomato	Pepper
1 tablespoon sugar	$\frac{1}{2}$ cup cheese
1 teaspoon salt	$\frac{1}{2}$ cup crumbs

Boil macaroni in salted water until nearly tender, drain, and rinse. Season tomato with sugar, salt, celery salt, a little pepper, and pour over the macaroni. Sprinkle with cheese and crumbs, and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 350°. Servings, 6.

SPAGHETTI

SPAGHETTI, BOLOGNA STYLE

$\frac{1}{4}$ pound veal, ground	$\frac{1}{2}$ cup tomato purée
$\frac{1}{4}$ pound pork, ground	$\frac{1}{4}$ cup tomato catsup
$\frac{1}{4}$ pound beef, ground	$\frac{1}{2}$ cup water
$\frac{1}{4}$ pound sausage	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 tablespoon butter	
1 cup onion, chopped	1 teaspoon lemon juice
1 clove garlic, chopped	1 teaspoon salt
1 green pepper, chopped	Pinch pepper
1 sprig parsley, cut	$\frac{1}{2}$ pound spaghetti
4 ounces mushrooms, chopped	Grated cheese

Brown meats in butter in iron skillet, add onion, garlic, peppers and parsley. Cook until slightly brown and add mushrooms,

purée, catsup, one-half cup water, Worcestershire sauce, lemon juice, and salt and pepper. Simmer one and one-half hours. Cook spaghetti in salted water until soft, and cook sauce and spaghetti together ten minutes. Serve on platter and sprinkle with grated cheese. Servings, 12.

SPAGHETTI WITH MUSHROOMS

1 cup spaghetti	2 tablespoons butter
1 can tomato soup	$\frac{1}{2}$ cup cheese
$\frac{1}{2}$ cup mushrooms, diced	

Cook spaghetti in boiling salted water until tender. Drain, rinse with cold water, and add to tomato soup. Brown mushrooms in butter and add with cheese to spaghetti. Heat thoroughly and serve. Servings, 4.

MEAT

The preparation of any meat in such a way as to emphasize its good points requires not only a knowledge of underlying principles but care in applying them as well. It is just as possible to ruin a choice piece of meat through careless cooking as to make an inferior cut palatable by adopting the proper method.

Roasting and Broiling. — By roasting and broiling a delicious flavor is developed in meats but this method is suitable only for meats that are short-fibred, fine-grained and which do not contain tough connective tissue. These cuts come from the parts of the animal where the muscles are least used.

The less choice cuts of meats require a more moist atmosphere to make them tender. Pot roasting, stewing and braising can be used successfully.

Roasts should first be subjected to intense heat, which will quickly sear over the surface and prevent the escape of juices. A little flour rubbed over the meat helps to keep in the juices and facilitates browning. After the surface is seared the heat should be reduced, otherwise the outer portion will become dry and hard before the heat has penetrated to the centre. The larger the roast the lower the temperature should be. A roast of pork may be cooked in a moderate oven for the entire period because the surface is so much protected by fat. Unless a covered roaster is used the meat should be basted frequently with the liquid in the pan.

The principle involved in broiling is the same as in roasting. It is used for small pieces of meat instead of large. Intense heat is applied to sear the surface and then the cooking is completed at a lower temperature.

The result obtained by broiling may be approximated in a pan. The meat is seared on both sides in a very hot pan without fat and then cooked more slowly until done.

Pot-Roasting. — In pot-roasting the meat is seared over quickly in a hot kettle and then cooked slowly with a very little water.

Braising. — Braising is similar to pot-roasting. The meat is cooked in the oven in a tightly covered pan with a small amount of water. It is best to sear the surface of the meat first. Vegetables are usually added for flavor.

Stewing. — In stewing the meat is simmered in a relatively large amount of water. Browning the meat for stews before cooking adds color and flavor.

Tough meats can be made somewhat more tender by pounding with the back of a knife or some other blunt tool so as to break the fibre, by rubbing the surface with an acid or by cooking in slightly acidulated water.

BEEF

Facts to Remember about Beef

Good beef is firm and fine-grained in texture. The surface of a freshly cut piece should be bright red in color. Even when it has been cut for some time it should be a clear red, though darker. The fat is firm, with a clear yellowish tinge.

In purchasing beef the amount of bone and cartilage in proportion to the meat should be considered. One cut may be a few cents lower in price than another but the amount of waste may make the real cost higher.

It should be remembered that beef comes from a large animal and it is not always possible to purchase a small piece advantageously.

Many of the beef organs can be utilized to good advantage and should not be overlooked in menu making. They offer variety and are relatively inexpensive.

ROAST BEEF

Put meat in a roasting pan, dredge with flour, and sprinkle with salt and pepper. Put into a very hot oven (500°) to sear the surface quickly. As soon as the roast is browned reduce the heat to moderate (350°). For rare beef allow fifteen minutes to the pound, counting the time after the meat is seared. For a well-done roast allow twenty minutes to the pound. If an uncovered roaster is used baste the meat frequently with the liquid in the pan.

To make gravy, remove the meat from the pan and pour off the superfluous fat, leaving about two tablespoonfuls for each cup of gravy to be made. Add one and one-half to two tablespoons flour for each cup, and blend thoroughly. Add the desired amount of water gradually, and cook until thickened, stirring constantly. Season with salt and pepper. For a six pound roast make three cups of gravy.

POT ROAST OF BEEF

Wipe the meat with a cloth. Heat kettle or large frying-pan, put in meat and sear entire surface. Rub with salt and pepper. Add a cup of water, cover, and keep just below

boiling point. Do not let kettle get dry, but keep only a little water in it. Cook until meat is tender,—about four hours. Thicken liquid for gravy by adding flour mixed to a paste with cold water. Use one and one-half to two table-spoons flour to each cup of liquid.

FRIED CALVES' BRAINS

1 set brains	1 bay leaf
1 tablespoon butter	1 sprig thyme
1 teaspoon parsley	Cold water
1 small onion	Salt and pepper

Dip the brains in very cold water and free from surrounding skin and tissue. Blanch by pouring scalding water over them and letting them stand five minutes. Melt butter in frying-pan and add parsley, onion chopped fine, thyme, and bay leaf. Cook until onion is yellow. Add brains, cover with cold water, and simmer ten minutes. Drain and cool. Cut brains in slices one-half inch thick. Dip in fine crumbs, beaten egg, and crumbs again. Fry in deep fat. Season with salt and pepper and serve with Brown Butter Sauce (see page 235).

Temperature of fat, 370°. Servings, 4.

BRAISED HEART

2 small calves' hearts	½ cup carrot
Fat	½ cup turnip
Flour	1 bay leaf
2 slices salt pork	3 cloves
1 cup meat stock	Sprig parsley
½ cup celery	1 cup tomato pulp
½ cup onion	

Wash the hearts, rub inside and out with fat, and dredge with flour. Try out salt pork, and brown hearts all over in the pork fat. Put hearts in a small roasting pan with meat stock, cover and bake in a moderate oven. Put diced vegetables and seasonings into pan in which hearts were browned. Cover with hot water, cook until tender and add tomato pulp. Thicken with flour and serve around hearts.

Time in oven, 1½ hours. Temperature, 350°. Servings, 6.

STUFFED HEART

2 small calves' hearts	1 teaspoon salt
1 cup bread crumbs	Pepper
½ teaspoon poultry dressing	

Wash the hearts thoroughly and remove muscular portions. Make stuffing by pouring boiling water through crumbs and draining well. Add seasonings, and when cool fill the hearts. Cover with hot water and cook in moderate oven or in fireless cooker. Drain off liquor and thicken for gravy. Sprinkle hearts with buttered crumbs, and salt and pepper. Put in hot oven for a few minutes to brown. Serve at once. Time in oven or fireless cooker, 4 to 6 hours. Temperature of oven, 325°. Servings, 6.

STEAK

2 pounds round steak	1 egg
Salt	Cracker crumbs

Cut steak into pieces just large enough for individual servings. Salt them and dip each, first into beaten egg and then into cracker crumbs. Sauté on both sides, then cover with water and simmer about three hours, or until tender. Servings, 8.

DANISH BEEFSTEAK

1 pound round steak, chopped	1½ cups celery
1 teaspoon salt	3 tablespoons fat
¼ teaspoon pepper	3 tablespoons flour
¼ cup minced onion	2 cups cooked macaroni

To the chopped meat, add salt, pepper, and onion. Shape in small balls, sauté in hot frying-pan until well browned all over. Wash celery, cut in inch pieces, cook until tender in one quart of boiling salted water. Drain, and reserve water for sauce. Melt fat and add flour. Add celery water, stirring constantly and boil three minutes. Add celery and meat balls and simmer ten minutes. Add macaroni and more seasoning if necessary. Serve very hot. Servings, 4.

FLANK STEAK EN CASSEROLE

1 flank steak	1 cup crumbs
1 tablespoon lemon juice	1 cup tomatoes
1½ teaspoons salt	1 pint hot water or tomato stock
1 tablespoon onion, minced	
Speck pepper, nutmeg, and clove	

Score the steak closely on both sides, and rub the seasonings into it. Mix the crumbs and tomatoes and spread over one side of the steak. Roll, tie with string, and sear. Place in a casserole or deep frying-pan. Pour in water or stock. Cover closely and bake in a moderate oven, or simmer until tender. Thicken the stock and serve around the steak.

Time in oven, 2 hours. Temperature, 325°. Servings, 8.

HAMBURG STEAK SAVORY

1½ pounds round steak	6 slices bacon
1 slice salt pork	1 cup tomato
Salt and pepper	Parsley

Put steak and salt pork through grinder and season. Form into flat cakes and dip in flour. Fry very thin slices of bacon until curled and crisp; remove to a platter and keep hot. In the fat brown the steak balls and remove to platter. Pour tomato into frying-pan, stir to blend, and when hot pour over steak balls. Garnish with bacon curls and parsley. Servings, 6.

RUMP STEAK, BACHELOR STYLE

1½ pounds rump steak	¼ teaspoon pepper
Butter	Worcestershire sauce
1 teaspoon salt	

Rub steak with soft butter and seasonings and let stand awhile. Just before broiling, cut deep gashes in the top with a sharp knife and fill with Worcestershire sauce. When steak is turned, cut gashes in the reverse side. Pour more sauce over steak. Broil rare. Transfer to a platter and serve with Potatoes O'Brien (see page 344). Servings, 6.

SALISBURY STEAK

2 pounds Hamburg steak	1 teaspoon lemon juice
2 teaspoons minced onion	Speck of nutmeg
Salt and pepper	1 egg yolk

Mix ingredients and shape into patties. Pan broil. Serve surrounded with Tomato Sauce (see page 239) and covered with French fried onion. Servings, 8.

SOMERSET SIRLOIN

Sirloin steak, 1½ inches thick	1 pound fresh mushrooms
Olive oil	2 tablespoons butter
Salt and pepper	½ cup thin cream
Worcestershire sauce	

Marinate steak in olive oil seasoned with salt, pepper, and Worcestershire sauce for two or three hours. Sear meat on both sides. Broil. Cook mushrooms in butter, season with salt and pepper, and add cream. Put steak on platter, cover with mushrooms, and garnish with toast points. Servings, 6.

STEAK PATTIES

1 pound Hamburg steak	1 teaspoon chopped parsley
Salt and pepper	Baking powder biscuit dough
1 pint highly seasoned tomato sauce	Tiny carrots (cooked) Tiny onions (cooked)

Press the steak flat in a pan. Pan broil, add salt and pepper, and run through meat chopper. Add tomato sauce and parsley and keep hot. Roll biscuit dough one-half inch thick, cut in rounds, brush with melted butter, and bake in pairs in a hot oven. Break apart, lay lower halves on a platter, spread with steak mixture, and replace tops. Garnish with mounds of carrots and onions. Servings, 8.

STEAK AND BACON ROLLS

1 pound top of the round	¼ teaspoon pepper
½ pound bacon	3 cups water
½ teaspoon salt	2 tablespoons flour

Have steak cut thin and fat removed. Lay strips of bacon on it and cut meat same width as bacon. Roll both together, having bacon inside, and secure ends with two toothpicks. Try out enough bacon to grease frying-pan. Sear rolls in it, arrange them in baking dish, and season. Put water in frying-pan and let simmer for a few minutes. Thicken with flour and pour over meat. Cook in a moderate oven. Time in oven, 1 hour. Temperature, 350°. Servings, 6.

SWISS STEAK

1½ or 2 pounds steak	4 tablespoons flour
Salt and pepper	

Spread steak on board and rub well with seasonings. Pound as much flour as possible into it — about four tablespoons. Place in covered casserole, with enough water to cover, and simmer in a moderate oven until tender.

Time in oven, 4 hours. Temperature, 325°. Servings, 6.

MEAT COMBINATIONS

ALASKAN DISH

2 pounds round steak	1 cup hot water
½ pound salt pork	1 cup cooked spaghetti
1 cup finely cut celery	1 pint stewed tomatoes
1 large onion	2 cups cooked rice
2 tablespoons flour	

Cut steak in eight pieces for serving. Dice salt pork. Cook pork, celery, and onion in frying-pan until golden brown and put in a kettle. Sear steak quickly on both sides in frying-pan and remove it to kettle. Blend flour with fat left in frying-pan and add hot water. Pour over meat, and simmer the whole thirty minutes. Just before serving, add spaghetti and tomatoes. Pour over rice arranged on a platter. Servings, 8.

AMERICAN GOULASH

3 slices fat bacon	1 quart tomatoes
1 pound Hamburg steak	Speck cayenne
1 large onion	Pepper, salt
1 can red kidney beans	

Cut bacon in small pieces and cook until crisp. Remove bacon and brown the meat in the fat. Add onion, pieces of bacon, beans, and tomatoes. Simmer until meat is tender, and add seasonings. Servings, 8.

BEAN POT STEW

1 pound beef (bottom of round)	4 tablespoons rolled oats or tapioca
1 onion	1 teaspoon salt
2 small carrots (sliced)	3 cloves
1 small white turnip (sliced)	Water
½ can peas	3 potatoes
4 tablespoons vinegar	

Cut meat in cubes, brown with onion in a small amount of fat, and add with carrots, turnips, and peas to greased bean pot. Add remaining ingredients except potatoes, cover with water, and bake in a moderate oven. Add potatoes the last hour of cooking.

Time in oven, 4 hours. Temperature, 350°. Servings, 4.

PETIT BEEF CUTLETS

1½ pounds beef (cut from neck)	2 teaspoons salt
½ cup fine bread crumbs	¼ teaspoon Worcestershire sauce
1 quart water	5 onions
3 whole cloves	

Cut beef in inch cubes, brown quickly in hot skillet. Add crumbs and stir until meat is well covered. Add water and seasonings and boil five minutes. Place whole onions in casserole or bean pot, pour meat over them and cover closely. Cook on top of stove, in moderate oven, or fireless cooker until tender. Serve with potato balls and tiny carrots. Time in oven, 2½ hours. Temperature, 325°. Servings, 6.

BOUCHÉES OF MEAT

1 egg yolk	2 cups cold mashed potatoes
$\frac{1}{4}$ cup milk or cream	Creamed meat

Beat egg yolk slightly. Scald milk or cream and pour over egg, stirring constantly. Add to potato, beating thoroughly. Place large, rough spoonfuls on a buttered baking sheet, make a hollow in the centre of each and fill with creamed meat. Heat and brown slightly in hot oven, transfer to platter, and serve. To prepare the meat, grind or chop in small pieces and moisten with an equal quantity of gravy, or of sauce made with milk and seasoned and thickened with flour (two level tablespoons to one cup milk).

Time in oven, 10 minutes. Temperature, 425°. Servings, 4.

BROCIOLE (Italian)

1½ pounds round steak	1 hard-cooked egg
Melted lard	1 clove of garlic or small onion
$\frac{1}{4}$ cup grated cheese	1 tablespoon catsup
$\frac{1}{4}$ cup bread crumbs	1 tablespoon flour
Black pepper, salt	1 pint tomato pulp
1 tablespoon chopped parsley	1 cup dry macaroni

Have the steak cut very thin, brush with melted lard, sprinkle with cheese, bread crumbs, pepper, salt, and parsley. Add sliced egg. Roll steak up tightly, tie firmly with a string. Sear in hot greased skillet with a clove of garlic or onion. Remove the meat, and add to the skillet catsup and flour. Stir until smooth and add tomato pulp. Return the meat, and simmer in moderate oven until tender. Boil macaroni in salted water until tender — about twenty-five minutes. Drain and rinse with cold water, place on platter with meat, sprinkle thickly with grated cheese, and spread with tomato sauce from the meat. Serve hot.

Time in oven, 1 hour. Temperature, 300°. Servings, 6.

CHOP SUEY

$\frac{1}{4}$ pound bacon	1 small green pepper
2 cups diced celery	1 pound steak
3 cups sliced onions	$\frac{1}{3}$ cup rice

1 cup noodles

Dice bacon, put in a hot frying-pan and cook until crisp and brown; remove from fat. Cook celery, onions, and chopped green pepper in the fat until brown; remove from fat. In the frying-pan cook steak, either Hamburg, or cut in small cubes, and add to other ingredients. Cook rice and noodles together in salted water, adding noodles after rice has cooked ten minutes. Drain, and add to steak. Season well to taste. This may be reheated in casserole in oven. Servings, 6.

CURRY OF MEAT

1 onion	1 cup meat cut in cubes
2 tablespoons fat	$\frac{3}{4}$ teaspoon curry powder
2 cups tomato	$\frac{1}{2}$ cup milk
Juice of $\frac{1}{2}$ lemon	

Cook the onion in the fat. Add tomato, lemon juice, cooked meat cut in cubes, and curry powder moistened with cold water. Simmer twenty minutes. Stir in the cold milk and reheat. Serve with a border of boiled rice and fresh banana. Servings, 2.

DRIED BEEF AND CELERY

2 cups diced celery	1 cup milk
1 cup water from celery	2 tablespoons flour
4 ounces beef	1 tablespoon butter

Use outer stalks of celery. Boil until tender and save one cup of the water. Add dried beef to the celery water, simmer gently for five minutes and drain. Make white sauce of milk, flour, and butter, and add to the celery and beef. Cook ten minutes or more in double boiler. Serve with toast or with baked potatoes. Servings, 6.

CREAM DRIED BEEF IN POPOVER CASES

$\frac{1}{4}$ pound smoked dried beef	6 tablespoons flour
1 $\frac{1}{2}$ cups sweet milk	1 tablespoon butter

Pour boiling water over the beef and let stand five minutes. Mix milk and flour and cook three minutes. Add butter, and dried beef, and cook ten minutes. Cut slice from top of popovers and fill with the creamed beef. Place a dot of butter on top and dust lightly with paprika. Servings, 6.

DRIED BEEF AND SWEET POTATOES

6 boiled sweet potatoes, sliced	1 cup soft bread crumbs
1 pound dried beef	1½ cups rich milk

Arrange in a baking dish layers of sweet potatoes, beef, and crumbs, having the top layer crumbs. Pour milk over all. Bake in a moderate oven.

Time in oven, 1 hour. Temperature, 350°. Servings, 4.

DUTCH ROLL

1½ pounds Hamburg — half veal, half beef	1 egg, beaten
1 cup bread crumbs	1 teaspoon celery salt or dried leaves
½ cup water	Salt, cayenne, mustard
	Salt pork

Mix all ingredients except salt pork, seasoning well to taste, and put into pan which has been lined with two or three narrow strips of salt pork. Lay a few more thin slices of salt pork on top. Bake in a moderate oven. Serve hot or cold. Time in oven, 2 hours. Temperature, 350°. Servings, 6.

FRIKADELLER (Danish)

¾ pound round steak	Salt and pepper
½ pound suet	1 tablespoon flour
1 small onion	1 cup rich milk

Put the meat, suet, and onion through food chopper twice. Add salt and pepper to taste, and flour. Mix thoroughly. Gradually add milk, stirring until light. Dip a spoon into hot grease and shape meat into oblong cakes. Sauté slowly on a hot greased skillet, until browned. Serve with vegetables. Servings, 6.

GARDEN ROAST

2 pounds stew beef	1½ cups turnip
½ cup sliced onion	2 cups water
2 cups water	1 teaspoon salt
1 carrot	Pepper
½ cup parsnips	4 tablespoons flour

Sear beef in a very hot pan until well browned, and put into casserole, bean pot, or covered kettle. Brown onion in pan and add two cups water, pour over beef, and add other vegetables, which have been diced. Sprinkle with salt and pepper. Cover, and bake in moderate oven, or simmer. Thicken liquid with the flour for gravy.

Time in cooking, 2 hours. Temperature of oven, 325°. Servings, 8.

HOT POT

1 pound beef, inexpensive cut	1 cup onions
2 cups diced raw potatoes	1 teaspoon salt
1 cup carrots, cut in cubes	¼ teaspoon pepper

Cook meat slowly in water to cover. When tender allow it to cool and cut into small pieces. Add vegetables and seasonings. Place in a baking dish, cover with a gravy made by thickening the broth slightly with flour. Bake in moderate oven or fireless cooker.

Time in oven, or fireless cooker, 2 hours. Temperature of oven, 325°. Servings, 4.

MEAT CROQUETTES

2 tablespoons fat	Seasoning to taste
1 tablespoon chopped onion	1 cup cold chopped meat
4 tablespoons flour	Bread crumbs, rice, or potatoes
1 cup milk	

Put fat in frying-pan, add chopped onion and cook until light brown. Remove from fire, rub flour into fat, then gradually add milk, and cook until it thickens, stirring constantly. Season to taste and add the chopped meat. Cool, and add enough bread crumbs, cooked rice or potato so that the mix-

ture can be molded in form of croquettes. Dip croquettes in crumbs, egg, and crumbs again and fry until brown in hot fat. Serve with cream sauce or Tomato Sauce (see page 239). Any left-over meat may be used and seasoned with chopped green peppers, pimiento, chopped olives, or celery. Time in cooking, 4 minutes, each. Temperature of fat, 370°. Servings, 6.

MEAT LOAF

2 cups ground meat	2 tablespoons flour
½ cup minced onion	1 cup canned tomato soup
1 teaspoon salt	½ cup bread or cracker crumbs
¼ teaspoon pepper	

Mix all ingredients thoroughly. Press into a greased loaf tin and bake in moderate oven. This will keep in the refrigerator several days and makes excellent sandwiches.

Time in oven, 1 hour. Temperature, 325°. Servings, 8.

MEAT SOUFFLÉ

3 tablespoons butter	1 cup chopped cooked meat
3 tablespoons flour	Few drops onion juice
1 cup milk	Salt and pepper
2 eggs	

Melt butter, add flour, and blend thoroughly. Add milk gradually and stir until smooth. Bring to boiling point. Remove from fire, and add egg yolks slightly beaten. Add meat and seasonings, fold in egg whites stiffly beaten and bake in a moderate oven until firm.

Time in oven, 30 minutes. Temperature, 325°. Servings, 4.

MOCK DUCK

5 thick slices bread	5 boiled potatoes (cold)
1 large onion	1 teaspoon chopped parsley
1 tablespoon butter	
½ cup diced celery	2 pounds round steak

Soak the bread and squeeze out the water. Add the onion which has been browned in the butter, the celery and potatoes cut into dice, and parsley. Mix thoroughly, season to taste,

and if too dry, add a little milk. Spread the mixture over the steak, roll and tie. Sear the outside in a smoking hot pan, put in a roaster, add a little water and place in a moderate oven. Baste from time to time until tender. Place on a serving dish, thicken the gravy, and pour over the steak.

Time in oven, 1½ hours. Temperature, 350°. Servings, 8.

POTTED MEAT

2 cups finely chopped meat	½ teaspoon mustard
3 tablespoons butter	2 tablespoons lemon juice
½ teaspoon salt	Speck pepper

Any two or more kinds of cold meats may be used. Cream butter and add seasonings, add to meat, and rub to a paste. Pack in tumblers that have been wet in cold water, pour over a little melted suet, and put in a cold place. Serve cold, cut in slices. Servings, 8.

OXTAIL WITH VEGETABLES

1 oxtail	1 cup sliced onions
2 tablespoons fat	1 cup diced carrots
1 teaspoon salt	1 cup diced white turnips
½ teaspoon pepper	1 bay leaf
2 tablespoons flour	2 cloves
1 pint meat stock	1 cup potatoes
1 pint tomatoes	

Separate oxtail into pieces about two inches long. Put fat, salt, and pepper in a frying-pan and brown the oxtail in it slowly. Dredge with flour and cook five minutes longer. Add meat stock, vegetables, and seasonings. Cover, and cook in moderate oven one and one-half hours. Add potatoes and cook three-quarters hour longer. Arrange meat and vegetables on a platter. Thicken gravy and serve with it. Total time in oven, 2¼ hours. Temperature of oven, 350°. Servings, 6.

SAILORS' STEW

1 pound beef	2 teaspoons salt
4 cups water	¼ teaspoon pepper
1 medium onion	3 pounds potatoes

Grind beef. Put it with two cups of cold water into a covered kettle. Mix well and bring to boil, stirring constantly to prevent lumping. Then cover and simmer five minutes. Cut onion fine, add to the boiling meat with the rest of the water, salt and pepper, and simmer one hour and a half. Add the potatoes peeled and cut in cubes, the last thirty minutes of the cooking. Servings, 4.

SAUER BRAUTEN

1 cup water	1 teaspoon salt
1 cup vinegar	8 bay leaves
3 pounds round steak	12 cloves
2 large onions	½ teaspoon pepper

Pour water and vinegar over meat, slice onion over it, and add other ingredients. Allow to stand forty-eight hours, turning several times. Remove from the liquid and cook like a pot roast. Servings, 8.

TAMALE PIE

2 cups chopped cooked meat	½ cup corn meal
1 small onion, chopped	1½ cups boiling water
1 small green pepper or pimiento	1 teaspoon salt
2 cups tomato sauce	½ cup grated cheese
Salt, paprika, Tabasco sauce	¼ cup chopped olives

Put meat, onion, and pepper through food chopper twice. Mix with half the tomato sauce, season highly with salt, paprika, and Tabasco sauce. Sprinkle corn meal in boiling salted water, stir until thickened, and cook in double boiler twenty minutes. Line greased baking dish with the corn meal mush, fill with meat mixture and sprinkle with cheese. Add chopped olives and remainder of sauce. Cover with mush. Heat in moderately hot oven and serve.

Time in oven, 10 minutes. Temperature, 375°. Servings, 8.

TONGUE AND MUSHROOMS

½ teaspoon extract of beef, or	2 tablespoons lemon juice
2 bouillon cubes	2 tablespoons flour
1½ cups water	1 cup diced mushrooms
1 teaspoon salt	2 cups diced tongue
¼ teaspoon paprika	

Dissolve extract of beef, or bouillon cubes in the boiling water. Add seasonings, and thicken with flour mixed with a little cold water. Stir in mushrooms and tongue. Serve very hot. May be served with croustades, toast, patty cases, or with mounds of mashed potato. Servings, 6.

VEAL

Facts to Remember

Veal is the meat from a young calf. It is at its best when the animal is from six weeks to three months old. "Bob veal," meat from a calf younger than six weeks, is unfit for food.

Good veal is pink in color and contains a small proportion of white fat. Bob veal may be distinguished from the meat of an older animal by its lack of color.

The keeping quality of veal is poor. The meat should be used soon after it is dressed.

Veal should always be thoroughly cooked. Long cooking at a low temperature is best to soften the connective tissue and make the meat tender and palatable. As with other meats the surface should first be seared to prevent the escape of juices.

Fat should be added during the cooking to supply the deficiency in the composition of the meat. Salt pork and butter give the best flavor.

Veal is bland in flavor and should be served with a well-seasoned sauce or cooked with a stuffing.

The tissues of veal contain a large proportion of gelatine which makes the meat excellent for soup stock. White stock for which many recipes call is made from veal.

The edible organs of the calf are more tender and more delicate in flavor than those of any other animal.

CASSEROLE OF VEAL

1 pound veal	6 medium sized potatoes
$\frac{1}{2}$ pound salt pork	2 onions

Chop veal and salt pork. Mix and sear. Arrange in layers, with the potato and onion in a casserole dish. Cover with water and bake in a moderate oven.

Time in oven, 3 hours. Temperature, 300°. Servings, 6.

CHOPS À LA REINE

2 onions	2 tomatoes
1½ cups drippings or bacon fat	1 pint milk
1½ pounds veal chops or cutlets	Salt, pepper

Chop onion and put into a frying-pan with drippings and cook until onions are yellow. Add meat, partially cook it, and add pulp of two tomatoes, or three-fourths cup of canned tomato, the milk, and salt and pepper to taste. Cook about ten minutes longer, remove the meat, and finish cooking sauce until thick. Season highly and serve. Servings, 6.

HUNGARIAN GOULASH

1 pound veal, or other lean meat	1½ cups boiling water
Drippings	1 cup cut white turnip
1 cup small onions	1 cup cut celery
3 tablespoons flour	2 cups cut potatoes

Cut veal in small pieces. Melt a tablespoon of drippings in frying-pan, add veal and sauté until well browned; then remove to casserole. Add four tablespoons drippings to pan and cook onions until slightly browned then add to veal. Stir flour into drippings and reserve for thickening. Add boiling water to veal, cover and bake in moderate oven. An hour before serving add remaining vegetables, bring to boil over fire, and return to oven. Before serving, thicken liquid.

Time in oven, 3 hours. Temperature, 300°. Servings, 6.

VEAL BIRDS

Use three-inch squares of veal steak. Spread each piece with stuffing, keeping it away from the edges. An ordinary bread stuffing may be used. A slice of bacon may be substituted for the stuffing, or the squares may be sprinkled with flour, salt and pepper. Roll the squares tightly, fasten with skewers, and sear in a frying-pan with a small amount of fat. When brown, half cover with milk or water, and cook in

moderate oven until tender. Remove the "birds" to a hot platter, thicken the liquid with flour, and serve the sauce around them.

Time in oven, 1 hour. Temperature, 325°.

VEAL AND HAM PIE

1 pound cooked veal	$\frac{1}{4}$ pound boiled ham
1 tablespoon poultry season- ing	1 cup cold water
$\frac{1}{8}$ teaspoon nutmeg	$\frac{1}{2}$ teaspoon minced lemon peel
Pepper and salt to taste	Pastry

Cut veal in very small pieces, put a layer in a pie dish, sprinkle with seasonings, and put in a layer of thinly sliced ham. Repeat until all of the meat is used and add water. Cover with a rich pastry and brush over with beaten egg. Bake in a moderately hot oven. Serve either hot or cold.

Time in oven, 1 hour. Temperature, 375°. Servings, 6.

LAMB AND MUTTON

Facts to Remember about Lamb

Lamb is the flesh of sheep under a year old. Above that age it is called mutton. Spring lamb is six weeks to three months old. It comes into the market in March to July. The best mutton is cut from sheep about three years old. Under that age it lacks flavor and is likely to be tough. Lamb may be judged by the leg joint. This joint is jagged in the young animal but becomes smooth and round in mutton.

Lamb should be of fine, firm fiber, light pink in color. The bones are pink or slightly streaked with red. It contains only a small amount of fat.

Mutton is deeper red in color and the bones are white. It contains a considerable amount of fat which should be firm, white and flaky.

A leg of lamb makes the best roast. It is relatively high in price but except for the single bone is practically all solid meat. The fore-quarter is often used for stews and soup but it also makes a good roast. It is most satisfactory for this purpose if boned and rolled.

Rib chops are cut from the forequarter, loin chops from the hind quarter. The edible portion is greater in the latter but the price is higher.

Rib chops in which the bone has been scraped clean nearly to the lean meat are called French chops.

A crown roast of lamb consists of pieces of loin from each side, each containing the same number of ribs. They are carefully trimmed and fastened together in the form of a circle.

A saddle of mutton consists of the two sides of the loin cut off before the backbone is split.

LAMB BROCHETTES

Have lamb from the forequarter cut into inch cubes. String these on metal skewers, alternating the lamb with narrower pieces of salt pork. Broil and serve as chops on the skewers.

LAMB IN CASSEROLE

2 to 3 pounds lamb from forequarter (weighed without bone)	$\frac{1}{4}$ cup carrots (finely chopped)
Flour, salt, pepper	2 tablespoons onion (finely chopped)
2 tablespoons dripping	2 tablespoons parsley (finely chopped)

Cut lamb in uniform pieces, roll in seasoned flour, and brown in drippings. Place in casserole, add carrots, onion, and parsley and cover with cold water. Cook in moderate oven until meat is tender. Add more seasonings if necessary. Thicken the gravy with flour if desired.

Time in oven, 1½ hours. Temperature, 350°. Servings, 8.

LAMB CHOPS À LA RECTOR

Broil French chops on one side until partly done. On the uncooked side spread Soubise mixture, made by mixing one-half cup bread crumbs, with three or more cooked and chopped onions, moistened with hot water and seasoned with salt and pepper. Cover the whole with bread crumbs. Bake in moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°.

LAMB CROQUETTES

4 tablespoons butter	½ teaspoon poultry dressing
4 tablespoons flour	⅓ teaspoon pepper
1 cup water	1 teaspoon grated onion
1 cup minced lamb	1 teaspoon salt

Melt butter and brown the flour in it. Add water and cook until very thick. Add meat and seasonings. Spread on a shallow pan, and when cool shape into croquettes. Roll in flour, egg, and crumbs. Fry in deep fat.

Time in cooking, 4 minutes each. Temperature of fat, 370°. Servings, 4.

FILLET OF LAMB

2 pounds lamb from fore-quarter	3 tablespoons vinegar
3 tablespoons cooking oil	2 tablespoons minced onion

2 tablespoons minced parsley

Remove bone from forequarter, cut meat in strips, and pound flat. Mix oil and vinegar with seasonings, and pour over prepared meat. Let stand overnight. Sauté in a hot pan until brown and well cooked. Servings, 6.

LAMB PIE

1 cup sliced onion	$\frac{1}{4}$ cup diced red or green pepper
2 cups lamb stock	per
2 cups cooked lamb cut in cubes	Salt, pepper
$\frac{1}{4}$ cup pimiento catsup, or	1 $\frac{1}{2}$ cups sliced potato

Cook onion ten minutes in lamb stock, and add cold roast lamb, cut in cubes, seasonings, and potatoes. Cook ten minutes longer. Pour into a baking dish, cover with the crust and bake in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 360°. Servings, 6.

CRUST FOR LAMB PIE

1 cup cold boiled rice	1 teaspoon sugar
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon salt
2 eggs	1 teaspoon baking powder
1 $\frac{1}{2}$ cups flour	1 tablespoon melted butter

Mix rice and milk until smooth, add beaten egg yolks, sifted dry ingredients, and melted butter. Beat hard, and fold in stiffly beaten whites.

LAMB, ORIENTAL STYLE

1 pound shoulder of lamb	2 teaspoons salt
1 cup string beans	1 cup lamb broth
$\frac{1}{4}$ cup chopped onion	6 tablespoons flour
2 cups canned tomatoes	Parsley
$\frac{1}{8}$ teaspoon pepper	

Cut lamb in two-inch pieces, brown in hot greased frying-pan and put in casserole. If green beans are used, wash, cut in one-inch pieces before measuring and add to lamb. If canned beans are used, add fifteen minutes before serving. Put onions, tomatoes, pepper, salt, and lamb broth in casserole with lamb. Cook until tender in moderate oven. Remove meat and vegetables to centre of platter. Thicken liquid for sauce with flour stirred to a paste with cold water. Make

a border of steamed rice around the outside of platter, and pour boiling sauce over meat. Sprinkle with chopped parsley and serve at once. A simpler method is to parboil one-half cup of rice for two or three minutes in broth or water; then turn into casserole about forty minutes before serving. Time in oven, 2 hours. Temperature, 350°. Servings, 4.

SHEPHERD'S PIE

1½ pounds lamb	1/8 teaspoon pepper
1 cup sliced onions	2 tablespoons flour
½ cup cut carrots	1 quart potatoes
2 teaspoons salt	2 tablespoons parsley

Wipe meat, put on to boil with two quarts water, cook slowly one hour. Add vegetables, except potatoes, and seasonings. Cook until tender, remove four cups of stock for soup; to the remainder in the kettle add flour thickening and boil five minutes. Boil and mash potatoes, put around edge of an agate platter and the meat in centre. Dust with paprika and brown in moderately hot oven. Sprinkle with parsley.

Time in oven, 10 minutes. Temperature, 375°. Servings, 6.

STUFFED SHOULDER OF LAMB

4¼ pounds forequarter lamb

Stuffing

1 cup mashed potato	1 cup dry bread crumbs
½ cup stock or water	½ teaspoon poultry dressing
½ teaspoon salt	¼ teaspoon celery salt

Have bone removed from lamb. Spread stuffing on meat, roll, and tie securely. Rub with scraped onion and squeeze a little lemon juice over it, dredge with salt and flour. When half done spread with a little currant or other tart jelly; this makes it more tender and also gives a delicious flavor to the roast and the gravy. Cook in a moderate oven until tender. Baste often unless a covered roaster is used.

Time in oven, 1½ hours. Temperature, 350°. Servings, 12.

BROWN FRICASSEE OF SHEEP'S TONGUE

4 sheep's tongues	1 teaspoon finely chopped onion
Boiling water	2 cups stock
Salt, pepper	1/2 teaspoon salt
3 tablespoons flour	1/4 teaspoon pepper
3 tablespoons butter or drippings	1 teaspoon lemon juice

Wash tongues carefully, put into a stewpan, cover with boiling water, cover, and simmer for two hours. Cool, remove skin, cut in two lengthwise, sprinkle with salt and pepper and put in a cold place until next day. Roll tongues in some of the flour, sauté in butter with onion until a rich brown and remove from pan. Put rest of flour in frying-pan, and add one pint of stock to make gravy. Season with salt, pepper, and lemon juice. Serve with boiled rice. Servings, 8.

FRIED MUTTON

Thick slices from leg of mutton	Bread crumbs
Onions	Celery salt, pepper
Speck pepper	2 tablespoons chopped onion
Speck nutmeg	Minced parsley
Oil and vinegar	Egg (beaten)

Cut some rather thick slices from a cooked leg of mutton, remove the fat and skin and trim them so that they will be even in size. About an hour before they are required place them in a deep dish with slices of onions between the pieces, a little black pepper and a little nutmeg sprinkled over them. Cover with oil and vinegar mixed together in the proportion of three tablespoons of oil to one of vinegar. Season a small quantity of fine white bread crumbs with celery salt and pepper, and mix them with chopped onion and minced parsley. Take the pieces of meat from the vinegar and oil, wipe them, dip into beaten egg, then into bread crumb mixture, covering thickly with the crumbs. Then set them away for twenty minutes to allow the crumbs to partially dry. Fry quickly in deep fat. Drain and serve. Time in cooking, 3 minutes each. Temperature of fat, 365°.

PORK

Facts to Remember about Pork

When pork is in proper condition the skin and fat are white and clear, except the kidney or leaf lard which is slightly pinkish in hue. The flesh is composed of fine-grained tissues and is pink in color.

The thicker the skin of pork the older the animal from which it was cut.

Pork contains a larger proportion of fat than any other meat. Consequently its food value is higher and special care should be taken in selecting other foods to combine with it.

Pork should always be thoroughly cooked. It is not only distasteful but even dangerous to health when underdone.

Ham that is very salt should be freshened before cooking. A slice is freshened by being covered with cold water and brought slowly to the simmering point. A whole ham should stand in cold water over night or at least for several hours.

ROAST PIG

Scrape and wash the pig. Rub dry with a fresh cloth and dust the inside with salt and pepper. Stuff, and sew up the incision. Fasten the feet together. Before putting in the roasting pan, place a wedge in the mouth to keep it open to receive an apple, orange, or lemon as garnish when served. Use a rack of wood or metal in the roasting pan to lift the meat out of the dripping juices during the cooking process. Put the pig in feet upwards. Baste often unless you use a covered roaster. Slash the skin around the neck before putting the pig on the platter, so that the moisture may evaporate and the skin keep its crispness. Allow about twenty minutes per pound and use an oven temperature of 450° reducing toward the end of the cooking period.

BREADED PORK CHOPS

6 pork chops	2 tablespoons lard
Fine, dry bread crumbs	Salt, pepper
1 medium sized onion	$\frac{1}{2}$ lemon

Use lean chops, cut rather thick. Roll in crumbs. Slice onion and cook in lard, or pork drippings until slightly brown. Arrange chops in the pan, sprinkle with salt, pepper, and

lemon juice. Brown one side, turn, and add water almost to cover, and cook in a moderate oven until tender, removing the cover for the last fifteen minutes.

Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

CASSEROLE OF PORK CHOPS AND SWEET POTATO

1 pound pork chops	3 tablespoons flour
6 sweet potatoes	Salt and pepper
2 medium onions	

Cut chops in pieces. Slice raw sweet potatoes and onions. Arrange in layers in casserole, sprinkle each layer with flour, salt and pepper. Cover with water. Cook in moderate oven. Time in oven, 2 hours. Temperature, 350°. Servings, 5.

CHOP SUEY

1 pound chicken (or veal)	1 can mushrooms
2 cups celery	½ cup salted peanuts
1 cup Spanish onion	2 tablespoons kitchen bouquet
4 tablespoons butter (melted)	1 cup water and liquid from
1 pound pork tenderloin	mushrooms
	2 tablespoons flour

Cut veal or chicken, celery, and onions in one-half-inch pieces. Combine with melted butter. Cut tenderloin, sauté separately and add to the first mixture. Add the other ingredients, except flour, and cook slowly until meat is tender. Thicken liquid with two tablespoons flour. Serve on rice. Servings, 6.

CREOLE JAMBALAYA

2 tablespoons minced salt	Small bay leaf
pork	Pinch ground clove
1 cup chopped onions	½ teaspoon chili powder
1 cup diced cooked ham	1½ teaspoons salt
½ pound sausage meat	Speck cayenne
2 tablespoons finely chopped	1 quart water
parsley	½ cup rice

Cook pork and onions in frying-pan until brown. Add ham, sausage meat, and seasonings. Cook slowly until browned. Add water and well-washed rice, and cook until rice is soft, stirring frequently. Servings, 6.

ENGLISH PORK PIE

2 pounds lean pork	$\frac{1}{4}$ teaspoon pepper
4 hard-cooked eggs (sliced)	$\frac{1}{2}$ teaspoon ground nutmeg
2 small onions	Flour to thicken
1 teaspoon salt	Pastry

Stew pork slowly for forty minutes in salted water or stock to cover. Let cool in liquid, then take out and cut in cubes. Put meat in deep baking dish and cover with hard-cooked eggs. Strain liquor, add onions, salt, pepper, and nutmeg. Thicken with flour, if liked (in proportion of one tablespoon to one cup liquid), and pour into pie. Cover with plain pastry rolled rather thick, perforate for escape of steam and bake in moderately hot oven until brown.

Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

FRENCH PORK STEW

1 pound lean fresh pork	Water
2 cups diced potatoes	Salt, pepper
1 cup diced onion	

Cut pork in small pieces, add potatoes, onions, and cover with water. Add salt and pepper to taste and cook slowly forty-five minutes. Servings, 6.

BACON

BACON WITH CELERY ON TOAST

1½ cups milk	1½ cups diced celery
3 tablespoons flour	Toast
2 tablespoons butter or bacon fat	Bacon

Make white sauce of first three ingredients, season well and add celery. Pour over four or six pieces of toast laid in a dripping pan. Place one or two slices of bacon on each serving, cook slowly under broiler, turning bacon once. Serve hot for breakfast. Servings, 4.

BACON CURLS

Place strips of very thinly cut bacon in a hot skillet. Cook until bacon is crisp and brown on both sides.

BACON AND SCRAMBLED RICE

6 slices bacon	2 eggs
2 cups cooked rice	Pinch pepper
2 tablespoons milk	

Pan broil bacon, lift from pan and put in warming oven where it will keep hot. Add the rice to fat in the pan (if there is more than is desired, pour off part of it) and stir with fork until hot. Add two tablespoons milk, two well beaten eggs, and pepper. Stir a moment longer, then remove from pan and arrange the rice in centre of platter, with bacon as a border around the edge. Servings, 6.

BACON AND SWEET POTATOES

Parboil the potatoes, peel, and slice. Put an inch layer in a baking pan, and over them a single layer of thinly sliced bacon. Then add another layer of potatoes and bacon, and so on, having bacon on top. Add a cup of water or beef gravy, cover, and bake in moderately hot oven until the bacon on top is brown.

Time in oven, 1 hour. Temperature, 375°.

HAM**FRESH HAM, ROASTED**

Small end of fresh ham	Brown sugar
1 egg (beaten)	Salt and pepper
Bread crumbs	1 tablespoon vinegar

Trim the ham neatly and place in a dripping pan with a little hot water. Bake until water has simmered away; then rub the ham with beaten egg and fresh fine bread crumbs mixed with a little brown sugar. Sprinkle flour in the pan and dust the meat with pepper and salt. Bake in moderately

hot oven until tender. For the gravy, add a little hot water to the juices in the pan and cook until slightly thickened. Season with salt and pepper and a tablespoon of vinegar. Time, 20 minutes to each pound and an additional 15 minutes. Temperature, 375°. Servings, 6.

HAM TOMATO TOAST

1 tablespoon chopped onion	1½ cups stewed tomatoes
1 tablespoon chopped green pepper	½ cup ground ham
2 tablespoons butter	1 egg

Cook onion and pepper in butter until soft, add tomato, and simmer ten minutes. Add ham, and egg slightly beaten. Cook until egg has thickened mixture and pour over slices of crisp toast. Servings, 2.

HAM WITH SCALLOPED POTATOES

½ cup ham fat	¼ teaspoon pepper
½ cup flour	2 tablespoons minced parsley
4 cups hot milk	6 cups diced cold potatoes
1½ teaspoons salt	2 cups diced ham

Melt ham fat, add flour, and stir until smooth. Add hot milk and bring to boil, stirring constantly, and add seasonings. Cut cold boiled potatoes in half-inch dice and cooked ham in dice or small pieces. Put potatoes and ham in baking dish or casserole, add sauce and bake in a moderately hot oven. Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

HAM WITH SPAGHETTI

1½ cups spaghetti	3 cups tomato
1 tablespoon minced onion	¾ teaspoon salt
4 tablespoons fat	½ teaspoon pepper
4 tablespoons flour	1 cup grated cheese

Broiled ham

Break spaghetti in inch pieces before measuring. Cook in two quarts boiling water until done. Brown onion slightly in fat, stir in flour, add tomato and cook five minutes. Add seasoning and cheese. Serve with slices of broiled ham. Servings, 4.

HAM WITH SWEET POTATOES

1 pound ham	$\frac{3}{4}$ cup sugar
2 cups sliced sweet potatoes	$\frac{3}{4}$ cup water

Have the ham cut in a slice about two inches thick, put into cold water and bring to simmering point. Pare and slice the sweet potatoes. Cut ham into pieces for serving, but fit into bottom of baking dish as one slice. Put in potatoes, sprinkle sugar over them, and pour hot water over all. Bake in a moderate oven, basting often with the syrup in dish.
 Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

PROVIDENCE HAM

1 tablespoon mustard (dry)	1 slice ham
1 tablespoon brown sugar	$\frac{1}{2}$ cup milk

Mix mustard and sugar with enough water to make a paste. Put ham in baking dish and rub over with paste. Add milk. Bake in a moderate oven until ham is thoroughly done.
 Time in oven, 1 hour. Temperature, 350°. Servings, 4.

ROYAL HAM SCALLOP

3 cups milk	1 teaspoon salt
6 tablespoons flour	3 hard-cooked eggs
3 tablespoons butter	1 tablespoon butter
2 cups minced ham	$\frac{1}{4}$ cup crumbs

Make white sauce of milk, flour, and butter. Add ham and then season. Grease a baking dish, put in a layer of ham, one sliced egg, and a layer of sauce. Repeat until all is used. Melt butter, mix with crumbs, sprinkle over top. Bake in moderately hot oven until hot and crumbs are browned.
 Time in oven, 15 minutes. Temperature, 375°. Servings, 6.

STUFFED HAM

1½ cups bread crumbs	1½ pounds ham (a thin slice)
½ teaspoon poultry seasoning	2 tablespoons butter
1 teaspoon grated onion	3 tablespoons flour
	2 cups milk

Make dressing of crumbs, seasoning, and onion, moistened with hot water. Spread dressing on ham, roll, and tie securely. Pour cream sauce made of butter, flour, and milk, over prepared ham and bake in moderately hot oven until ham is tender.

Time in oven, 1 hour. Temperature, 375°. Servings, 6.

SAUSAGE

GRILLED SAUSAGES WITH APPLES

1 pound sausages

4 large tart apples

Use either sausages or sausage meat. Cook sausages, remove from fat, and keep warm while cooking apples. Cut apples in one-quarter-inch slices, leaving on the skin. Fry in sausage fat until soft but not broken. Serve sausages on a hot platter, surrounded with the apples. Servings, 6.

SAUSAGES WITH BAKED APPLES

6 large apples

18 small sausages

Core apples and insert one sausage in each apple. Place apples in baking pan and lay the remaining sausages around them. Bake in a hot oven. Choose apples that bake quickly. Time in oven, 45 minutes. Temperature, 400°. Servings, 8.

YORKSHIREMAN'S DELIGHT

6 slices sausage meat

$\frac{1}{4}$ teaspoon salt

1 egg

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup flour

Have sausage meat cut about one-quarter inch in thickness. Place in bottom of a dripping pan. Beat egg thoroughly, add flour, salt and milk, and beat the batter with an egg beater. Pour batter over sausage. Bake in moderately hot oven. Time in oven, 40 minutes. Temperature, 375°. Servings, 4.

MEAT AND FISH SAUCES

BROWN SAUCE

2 tablespoons butter	Salt
3 tablespoons flour	Pepper
1 cup stock	Onion juice

Melt butter, add flour, and cook until brown. Add stock gradually and cook until thickened, stirring constantly. Season to taste with salt, pepper, and onion juice. Instead of stock, water to which a bouillon cube or a little beef or vegetable extract has been added may be used.

BROWN BUTTER SAUCE

2 tablespoons butter	4 tablespoons lemon juice
1 tablespoon chopped parsley	

Melt butter and when it begins to brown, add chopped parsley, lemon juice, or tarragon vinegar. Serve hot.

BREAD SAUCE

$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoon pepper
Bit of mace, 3 cloves	2 tablespoons chopped onion
Sprig of parsley	$\frac{1}{2}$ cup soft bread crumbs
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter

Scald milk with seasonings, cook twenty minutes, strain, add crumbs and butter. Reheat and serve.

CHEESE SAUCE

3 tablespoons butter	$\frac{1}{8}$ teaspoon paprika
3 tablespoons flour	$\frac{3}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups hot milk	A few grains white pepper
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ cup grated cheese

Melt butter, add flour and stir until smooth; then add milk, stirring briskly until free from lumps. Turn into double boiler

and cook twenty minutes or more. Mix seasonings thoroughly, add to sauce with cheese and heat until cheese is melted and sauce perfectly smooth. Use egg beater if sauce is curdled or lumpy.

CHICKEN AND MUSHROOM SAUCE

4 mushroom caps, diced	1 cup milk
4 tablespoons butter, oil, or chicken fat	$\frac{1}{4}$ teaspoon beef extract
3 tablespoons flour	Salt, pepper
	1 $\frac{1}{2}$ cups diced cooked chicken

Wash mushroom stems, boil in water to cover and save the water. Dice mushrooms and fry in fat five minutes. Add flour and brown slightly, add milk, stir until smooth. Dissolve beef extract in water from mushroom stems, strain, add enough water to this to make one-half cup liquid, and add to sauce. Season and add the chicken.

CREOLE SAUCE NO. 1

$\frac{1}{4}$ cup chopped onion	2 tablespoons chopped pimiento
$\frac{1}{4}$ cup chopped green pepper	1 tablespoon sugar
2 tablespoons cooking oil	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups canned tomato	$\frac{1}{8}$ teaspoon white pepper

Cook onion and green pepper in the oil for five minutes. Add tomato, pimiento, sugar, and seasonings. Cook slowly until thick.

CREOLE SAUCE NO. 2

1 onion	Cayenne, salt
2 cups tomato	1 cup peas

Slice onion very thin and add to tomatoes. Season very highly, cover and let simmer until onions are soft. Add drained peas and cook five minutes more.

CUCUMBER SAUCE

$\frac{1}{2}$ cup heavy cream	2 tablespoons vinegar
$\frac{1}{4}$ teaspoon salt	1 large cucumber
Few grains cayenne pepper	

Beat cream until stiff. Add salt, pepper, vinegar, and cucumber, which has been pared, cut very fine, and drained.

CURRENT JELLY SAUCE

To one cup Brown Sauce add four tablespoons currant jelly.

FISH SAUCE

1 cup tomato soup	Speck cayenne
$\frac{1}{4}$ cup water	1 tablespoon minced parsley
2 tablespoons minced onion	

Cook the soup, water, and onion together five minutes. Add the cayenne, and after the mixture is put in the serving dish sprinkle the chopped parsley over the top. If liked a little thicker, one tablespoon of flour may be added.

HOLLANDAISE SAUCE

2 egg yolks	$\frac{1}{4}$ cup butter
1 lemon (juice)	Salt and cayenne
$\frac{1}{2}$ cup chicken broth or consommé	

Beat yolks of eggs, add lemon juice, and broth. Then cook together until thick like custard. Beat in butter, add salt, and cayenne to taste.

MAÎTRE D'HÔTEL SAUCE

1 tablespoon lemon juice	1 tablespoon chopped parsley
3 tablespoons butter	$\frac{1}{2}$ teaspoon salt

Mix the lemon juice with the melted butter and parsley. Then add the salt.

MOUSSELINE SAUCE

4 egg yolks	2 tablespoons lemon juice
$\frac{1}{2}$ cup butter	1 teaspoon salt
$\frac{1}{4}$ cup milk	

Beat egg yolks slightly, put in double boiler, add butter, the milk, and cook until thickened, stirring constantly. Add lemon juice and salt.

MUSHROOM SAUCE

To Brown Sauce add one-quarter pound fresh mushrooms, cut in pieces if large, and sautéed in butter.

OLIVE SAUCE

To one cup Brown Sauce add six stoned olives boiled ten minutes in the stock and one teaspoon grated onion.

CREAMED PEA SAUCE

3 tablespoons cornstarch	1 cup peas
2 cups milk	Salt and pepper
2 tablespoons butter	

Moisten cornstarch, add to hot milk and cook fifteen minutes. Then add butter, peas, and seasonings. Serve hot.

PIMENTO SAUCE

2 cups milk	Salt, pepper
2 tablespoons butter	1 pimiento
4 tablespoons flour	

Make white sauce of milk, butter, flour, and seasonings and add mashed pimiento. This is an excellent sauce for asparagus on toast.

SAUCE FOR SALMON LOAF

1 tablespoon cornstarch	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{2}$ teaspoon paprika
1 teaspoon mustard (prepared)	1 egg
1 teaspoon tomato catsup	1 tablespoon melted butter

Mix cornstarch with milk, add mustard, catsup, salt, and paprika and cook in double boiler until cornstarch taste has disappeared. Add well beaten egg and cook three minutes longer. Add butter and serve.

SOUBISE OR ONION SAUCE

To one cup White Sauce add one cup boiled onions finely chopped, or one cup button onions cooked whole. Reheat.

TARTARE SAUCE

1/2 teaspoon mustard	1/2 cup salad oil
1 teaspoon powdered sugar	1/2 tablespoon capers
1/2 teaspoon salt	1/2 tablespoon pickles
Speck cayenne	1/2 tablespoon olives
Yolks of 2 eggs	1/2 tablespoon parsley
1 1/2 tablespoons vinegar	

Mix dry ingredients, and add beaten egg yolks. Add vinegar and then beat in the oil slowly, a little at a time. Mix remaining ingredients, measured after they have been chopped fine, and add to the first mixture.

TOMATO SAUCE

2 cups strained tomatoes	2 bay leaves
1 tablespoon butter	1 tablespoon flour
1 tablespoon sugar	Salt and pepper to taste

Combine ingredients, cook five minutes and strain.

TOSCA SAUCE

5 tablespoons butter	1/4 teaspoon salt
3 tablespoons flour	1/4 teaspoon paprika
1 cup chicken stock	2 egg yolks
1/2 cup cream	1/2 teaspoon lemon juice

Melt three tablespoons butter, add flour and when well mixed, add slowly chicken stock and cream. Stir until boiling point is reached, add salt, paprika, and just before serving add egg yolks slightly beaten, lemon juice, and the remaining two tablespoons of butter in small pieces.

VINAIGRETTE SAUCE

1 teaspoon salt	1/2 cup salad oil
1/2 teaspoon paprika	1 tablespoon chopped parsley
Few grains cayenne	1 tablespoon chopped pickle
2 tablespoons vinegar	1 tablespoon chopped chives
1 tablespoon tarragon vinegar	

Mix dry ingredients, add vinegar and oil and beat until thick. Then add remaining ingredients.

WHITE SAUCE (Thin)

2 cups milk	3 tablespoons flour
3 tablespoons butter	$\frac{1}{2}$ teaspoon salt

WHITE SAUCE (Medium)

2 cups milk	6 tablespoons flour
4 tablespoons butter	$\frac{1}{2}$ teaspoon salt

WHITE SAUCE (Thick)

2 cups milk	$\frac{2}{3}$ cup flour
4 tablespoons butter	$\frac{1}{2}$ teaspoon salt

Scald the milk. Melt butter, add flour and blend thoroughly. Add milk gradually and bring to boiling point, stirring constantly. Add salt.

PICKLES AND RELISHES

CUCUMBER CATSUP

12 large cucumbers	3 tablespoons sugar
4 onions	1 tablespoon grated horseradish
4 tablespoons salt	1 tablespoon celery seed
2 tablespoons black pepper	1 tablespoon mustard seed
1 quart vinegar	

Chop cucumbers and onions fine and let stand overnight. Drain, squeeze as dry as possible, and add remaining ingredients. Pack in glass jars and seal.

GRAPE CATSUP

1 pound Concord grapes	$\frac{1}{8}$ cup sugar
4 tablespoons lemon juice	$\frac{1}{4}$ teaspoon cinnamon

Wash the grapes thoroughly and pick them from the stem. Add just enough water to keep them from burning, and boil until they are soft enough to press through a colander or coarse sieve. Add the other ingredients and boil until thick. Pour into hot sterilized jars and seal.

UNCOOKED CHILI SAUCE

$\frac{1}{2}$ peck ripe tomatoes	1 cup sugar
2 cups celery	1 cup white mustard seed
2 cups onions	1 tablespoon black pepper
2 red peppers	1 tablespoon cinnamon
$\frac{1}{2}$ cup salt	1 quart vinegar

Chop tomatoes. Cut celery, onions, and red peppers fine. Mix all ingredients together. Pack in glass jars and seal.

INDIAN CHUTNEY

1 pound sour apples (chopped)	1 cup white sugar 2 teaspoons salt
1 pound onions (chopped)	$\frac{1}{2}$ teaspoon black pepper
1 pound tomatoes (not too ripe) (chopped)	$\frac{1}{2}$ teaspoon cloves Speck cayenne
1 pound Sultana raisins (chopped)	2 pieces dried ginger root, chopped
1 cup brown sugar	

Combine ingredients. Nearly cover with vinegar and cook slowly four hours. Pack in hot sterilized jars and seal.

TOMATO CHUTNEY

2 quarts tart apples (chopped)	Pinch cayenne
2 quarts green tomatoes (chopped)	2 cups vinegar
1 pound raisins	2 tablespoons salt
3 cups brown sugar	½ ounce ginger root
6 lemons (juice)	1 large onion (chopped)

Pare, core, and chop apples. Mix in other ingredients and let stand over night. In morning boil for two and one-half hours, or cook over hot water six hours. Pack in hot sterilized jars and seal.

"BEST" PICCALILLI

1 cup salt	12 small onions (chopped)
½ peck ripe tomatoes (chopped fine)	2 quarts vinegar
½ peck green tomatoes (chopped fine)	3 pints brown sugar
6 red sweet peppers (chopped)	1 teaspoon whole cloves
6 green sweet peppers (chopped)	1 tablespoon mustard seed
	1 tablespoon cinnamon

Add salt to tomatoes, let stand four hours, drain, and add remaining ingredients. Boil three-quarters of an hour. Pack in hot sterilized jars and seal or keep in a crock in a cool place.

GRANDMOTHER'S PICCALILLI

4 quarts green tomatoes	1 cup sugar
½ cup salt	1 tablespoon whole cloves
4 onions	½ teaspoon allspice
3 green peppers	½ teaspoon nutmeg
1 red pepper	½ teaspoon cinnamon
4 scant cups vinegar	

Slice the tomatoes, sprinkle the salt over them, and let them stand overnight. In the morning drain off the liquor and put tomatoes through the food chopper, using a coarse knife.

Put onions and peppers through grinder also. Mix vinegar and sugar, stir over fire until sugar dissolves, and bring to a boil. Add chopped mixture, and spices tied up in a cloth. Boil for five minutes, and simmer two hours. Pack in hot sterilized glass jars and seal.

SWEET PICKLED APPLES

Use tart, well-flavored apples. Wipe and cut into halves. Stick each half with three cloves. Make a syrup, using one part sugar to one part vinegar. Use one pound of sugar to two pounds of apples. Put apples into syrup and simmer until tender. Keep in a stone crock.

BLUEBERRY SWEET PICKLE

1½ cups weak vinegar	¼ teaspoon clove
2 quarts blueberries	¼ teaspoon nutmeg
½ teaspoon cinnamon	1 pound of seedless raisins

Combine ingredients and cook slowly one and one-half hours, or until liquid cooks down quite thick. Pack in hot sterilized jars and seal.

CABBAGE SAVORY PICKLE

2 heads white cabbage	3 pints vinegar
2 green sweet peppers	2½ cups brown sugar
2 red sweet peppers	½ cup black mustard seed
12 small onions	½ cup white mustard seed
½ cup salt	2 teaspoons celery

Chop cabbage, peppers, and onions. Add salt. Let stand four hours. Drain, and cover with a hot syrup made of the remaining ingredients. Pack in hot sterilized jars and seal.

PICKLED RED CABBAGE

4 quarts red cabbage	1 cup white mustard seed
1 quart white onions	2 cups brown sugar
12 green peppers	2 dozen cloves
Salt	3 pints vinegar

Chop cabbage, onions, and peppers. Sprinkle lightly with salt and let stand overnight. Drain, add remaining ingredients, and pack in jars and seal.

FAVORITE PICKLES

1 quart raw cabbage	1 teaspoon black pepper
1 quart cooked beets	$\frac{1}{4}$ teaspoon red pepper
2 cups sugar	1 cup grated horseradish
1 tablespoon salt	Vinegar

Chop cabbage and beets, and add remaining ingredients. Cover with vinegar, and pack in jars and seal.

SPICED PICKLED PRUNES

Prunes	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup vinegar	1 teaspoon mixed pickle spice

Wash prunes and pack loosely into pint jars. For each jar prepare the spiced vinegar, heating it to dissolve the sugar. Add hot water to fill the jars and seal at once. In a week the prunes will be ready to use.

PICKLED TOMATOES

3 cups brown sugar	$\frac{1}{2}$ tablespoon whole cloves
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tablespoon stick cinnamon
$\frac{1}{2}$ cup vinegar	1 quart yellow tomatoes
$\frac{1}{2}$ ounce ginger root	

Boil together sugar, water, vinegar, and spices for five minutes. Pierce tomatoes with fork and boil in syrup fifteen minutes, and let stand overnight. Remove tomatoes from the syrup, and boil it five minutes or until thick; then heat tomatoes in syrup and seal in hot sterilized jars.

SPICED VINEGAR FOR PICKLING

2 tablespoons powdered ginger	2 tablespoons cinnamon
2 tablespoons mustard seed	2 tablespoons allspice
2 tablespoons whole pepper	2 quarts vinegar
2 tablespoons celery seed	1 cup sugar
2 tablespoons cloves	2 tablespoons salt

Put spices into a muslin bag, add to vinegar with sugar, and salt. Boil ten minutes. Use in any recipe calling for spiced vinegar.

BEET RELISH

1 quart cooked beets	1 teaspoon salt
1 cup button onions	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup grated horseradish	Vinegar

Mix first five ingredients and add vinegar to cover. Pack in jars and seal.

CARROT RELISH

3 pounds carrots	4 pounds sugar
6 lemons	$\frac{1}{2}$ cup almonds

Parboil the carrots and then peel them. Put through meat chopper with the lemons. Add sugar and cook until thick. Ten minutes before removing from fire, add chopped almonds. Pour into hot sterilized glasses and when cool cover with melted paraffin.

CHERRY RELISH

2 cups cherries	$\frac{1}{4}$ teaspoon cloves
1 cup seedless raisins	$\frac{1}{2}$ cup honey
1 teaspoon cinnamon	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ cup brown sugar	$\frac{3}{4}$ cup pecan meats

Remove pits from either canned or fresh cherries, mix with other ingredients except nuts, and cook slowly one hour. Add nuts and cook three minutes longer. Pour into hot sterilized glasses and when cool cover with melted paraffin.

CRANBERRY RELISH

2 cups cranberries	$\frac{1}{4}$ cup raisins
$\frac{1}{2}$ orange	$\frac{1}{4}$ cup vinegar
1 cup sugar	$\frac{1}{4}$ teaspoon ginger, cloves, and cinnamon

Cut cranberries in halves, and add all the ingredients except spice, and cook until thick. The raisins and orange are chopped fine. Add spice and cook five minutes. Put in hot sterilized glasses and when cool cover with paraffin.

ONION RELISH

1 large onion	$\frac{1}{4}$ cup thick salad dressing
1 pimiento	

Slice onion in very thin slices, drop into boiling soda water and let stand one minute. Drain, rinse with cold water, and shake quite dry. Cut pimiento in small pieces, mix with onion, and salad dressing. Serve with meats, fish, or beans.

PEPPER RELISH

1 cup sweet green peppers	1 tablespoon salt
1 cup sweet red peppers	1 cup vinegar
1 cup minced onion	$\frac{1}{2}$ cup sugar

Chop vegetables fine, cover with boiling water, and let stand ten minutes. Drain, cover again with hot water and bring to a boil, let stand ten minutes and drain again. Add rest of ingredients and cook fifteen minutes. Pack hot in jars and cap. Immerse in boiling water deep enough to cover jars and simmer fifteen minutes.

TOMATO RELISH

3½ pounds ripe tomatoes, peeled, chopped, and drained	1 tablespoon salt
1 cup chopped celery	1 tablespoon celery seed
1 cup chopped onion	1 teaspoon ground mace
1 chopped red pepper	1 teaspoon ground cloves
$\frac{3}{4}$ cup sugar	1 teaspoon ground cinnamon
	1 teaspoon ground pepper
	1½ cups vinegar

Mix well and seal in glass jars. Let ripen at least a week before using.

PIE AND PASTRY

Few desserts are more popular than pies and pastries, few require a smaller number of ingredients; but skill in handling is as essential here as it is anywhere in the whole range of cookery. It was experience, more than anything else, that produced the pies mother used to make.

The chief point to remember in making pastry is to use a light touch in all the processes. Work in the shortening with the tips of the fingers only, or cut it in with knives. Mix in the water thoroughly, but do not work the paste any more than is necessary. Do not knead it with the hands. Use the rolling pin lightly.

Use the smallest possible amount of water. Too much water is one of the commonest causes of tough pastry.

When baking an unfilled crust prick it with a fork so that it will not puff up in blisters with the heat of the oven.

Pastry without filling should be baked in a hot oven (400°-450°).

When the filling of a pie requires a lower temperature than the crust, the baking problem is complicated. In this case it is best to put the pie into a hot oven to start the cooking of the pastry, and then, before the filling has become thoroughly heated, reduce the temperature.

To prevent the under crusts of pies from being soggy, brush them with white of egg if filling is to be cooked in them. If the **crusts are** baked separately, cool them before putting in the filling.

To keep the juice of a berry pie from boiling out, insert a funnel of stiff paper through a hole in the upper crust.

ALMOND PASTRY

1½ cups pastry flour	1 teaspoon salt
3 tablespoons ground almonds	½ cup shortening
3 tablespoons sugar	1 egg

Mix dry ingredients and rub in shortening. Add beaten egg and enough water to hold paste together. Roll and bake in a hot oven. Almond pastry may be used for custard pies, lemon pies, fresh or dried fruit pies, or for tarts to be filled with jelly, marmalade, fruit, or whipped cream mixtures.

CHOUX PASTRY

$\frac{1}{2}$ cup butter	Pinch salt
1 cup boiling water	3 eggs
1 cup flour	

Put butter and water in a saucepan and bring to the boiling point. Add flour and salt, and stir vigorously until the mixture makes a ball that comes away from the sides of the pan. Remove from fire and add unbeaten eggs one at a time, beating each one in thoroughly before adding the next. Form in the desired shape on a greased baking sheet. For éclairs squeeze the batter through a pastry bag. Shape cream puffs with a spoon, making them as nearly round as possible with the batter slightly heaped in the middle.

The secret of success in making choux pastry really lies in the baking process. Two points must be borne in mind, a moderate oven and plenty of time. As in any mixture where eggs act as the only leavening agent, especial care in the matter of temperature is necessary. Too high a temperature ruins the texture and too low a temperature makes them fail to rise.

Time in oven, 45 minutes. Temperature, 325°. Servings, 10.

CORNSTARCH PASTRY

$\frac{3}{4}$ cup cornstarch	1 teaspoon baking powder
1 $\frac{1}{4}$ cups flour	6 tablespoons shortening
1 tablespoon sugar	1 egg yolk
1 $\frac{1}{2}$ teaspoons salt	Water

Mix and sift all the dry ingredients. Rub in shortening with a fork, or finger tips, and add beaten egg yolk. Add enough water to hold paste together and roll out.

FLAKY PASTRY NO. 1

1 $\frac{1}{2}$ cups flour	6 tablespoons shortening
1 teaspoon salt	Water

Sift flour and salt. Mix in shortening with fork, or cut with two knives, leaving it in small lumps. These lumps roll out to make layers, or flakes. Roll lightly.

FLAKY PASTRY NO. 2

Mix as above, reserving one and one-half tablespoons of shortening. Roll out, spread with half the shortening, roll up like a jelly roll, and roll out. Spread with remaining shortening, roll out again.

FLAKY PASTRY NO. 3

Mix flour, salt and shortening as above. The amount of shortening may be cut down. Before adding the water take out one-half of the dry shortening and flour mixture. Add water to the remainder until it just cleans out the bowl. Roll out in circular form and place one-third of the dry part across the centre of the dough, and fold over from each side to make three layers. Turn half way round, roll out, and repeat twice, until all of the dry mixture is used.

HOT WATER PASTRY

1½ cups flour	6 tablespoons shortening
½ teaspoon baking powder	4 tablespoons boiling water
1 teaspoon salt	

Sift flour, baking powder, and salt. Mix in shortening with fork or finger tips, and stir in the boiling water. Cool before rolling.

PLAIN PASTRY

1 cup flour	¼ cup shortening
¼ teaspoon salt	Water

Sift flour with the salt. Work in shortening until the mixture is like coarse meal. Add water gradually until just enough is used to hold the dough together. It must not be at all soft. Turn on to a board, pat, and roll out.

PUFF PASTRY

1 pound butter

1 pound flour

Wash butter, pat and fold until no water flies. Reserve two tablespoons of butter; shape remainder into a circular piece one-half inch thick. Work the two tablespoons of butter into the flour with the tips of the fingers. Moisten the dough with water which has been chilled in a bowl of cracked ice. Turn on to a floured board and knead one minute. Cover with a towel and let stand five minutes. Roll paste into a rectangle one-fourth inch thick. Place butter on centre of lower half and cover with other half of paste. Pinch edges together. Fold right side of paste over enclosed butter, the left side under enclosed butter. Cover and let stand five minutes. Roll one-inch thick on a floured board. Fold ends toward centre, making three layers. Cover and let stand five minutes. Repeat the process from "roll one-inch thick, etc." twice. Chill thoroughly. Roll out and bake in a hot oven. Time in oven, 25 minutes. Temperature, 400°.

SAVORY PASTRY

Roll into pastry for apple or pumpkin pie, about one-half cup of grated American cheese, reserving one tablespoon of cheese for sprinkling over the top. Make and bake the pie as usual, sprinkle the extra cheese over the top when ready for the oven.

SUSANNAH'S PASTRY

4 cups flour	$\frac{1}{2}$ pound shortening
1 teaspoon baking powder	Cold water
1½ teaspoons salt	

Sift dry ingredients. Mix in shortening with finger tips or a chopping knife. Add enough cold water to hold mixture together and roll out.

MOTHER'S APPLE PIE

Line a pie plate with Susannah's Pastry, rolled thin, and fill with pie apples cut in thin slices. Sprinkle the apples with three-quarters to one cup of sugar, and with cinnamon or nutmeg. Add a dash of salt and dot with butter. Moisten the edge of the bottom crust with water. Cut generous openings in the top crust and adjust it carefully that no juice may escape. Bake in a moderately hot oven until apples are soft. Time in oven, 45 to 60 minutes. Temperature, 400° 5 minutes and 380° remainder of time.

APPLE CHEESE PIE

2 eggs	1 teaspoon vanilla
1 cup cottage cheese	Pastry
½ cup sugar	1½ cups apples
⅓ teaspoon salt	Sugar
Cream or rich milk	Speck nutmeg and cinnamon
	Pastry

Beat eggs, add cottage cheese, sugar, salt, cream, and vanilla. Line plate with pastry, put in apples, very thinly sliced, and mixed with sugar and spice. The amount of sugar will depend upon the tartness of the apples. Cover with cheese mixture. Bake in a moderately hot oven until cheese is set. Time in oven, 35 minutes. Temperature, 400° 10 minutes and 350° 25 minutes. Servings, 6.

CANTALOUE PIE

1 large, or	2 eggs
2 small cantaloupes	¼ teaspoon salt
1 cup sugar	Baked pastry shell
2 tablespoons cornstarch	

Select a ripe cantaloupe; cut in halves, remove seeds, scoop out pulp with a large spoon, and put into top of double boiler with sugar. Mix cornstarch with a little cold water and add to cantaloupe; when thick add beaten egg yolks and cook a little. Add salt and cool a little, then pour

into cooked pastry shell, top with meringue made from whites of eggs and four tablespoons sugar, flavored with lemon if desired. Brown meringue and cool pie before cutting. Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

CARROT PIE

2 medium sized carrots	1/2 teaspoon ginger
1/2 cup sugar	1/2 teaspoon cinnamon
2 eggs	Speck salt
1 1/2 cups milk	Pastry

Cook carrots until tender and transparent. Mash. Add sugar, beaten eggs, milk, spices, and salt. Mix and pour into raw pastry shell. Bake in a moderately hot oven.

Time in oven, 40 minutes. Temperature, 400° 5 minutes and 360° 35 minutes. Servings, 6.

CHERRY PIE

2 cups cherries, stoned	3 tablespoons cornstarch
1/2 cup sugar	3 tablespoons water
1 cup water	Pastry

Cook the cherries with the sugar and water until soft, and thicken with cornstarch mixed with water, cool, and turn into pie shell. Cover with lattice crust. Bake in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

CRANBERRY NUT PIE

1 cup cranberries	1 cup sugar
1/2 cup raisins	1/2 cup chopped apples
1/2 cup walnuts	1/2 cup water
Pinch salt	Pastry
1 tablespoon flour	

Put cranberries, raisins, and nuts through food chopper, add salt, flour, sugar, and apples. Put into a pastry lined pie

plate, pour the water over the filling, cover with a top crust, and bake in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

CREAM PIE

2 cups milk	1/4 teaspoon salt
4 tablespoons cornstarch	1 teaspoon vanilla
1/2 cup sugar	Baked pastry shell
2 eggs	

Heat milk, mix cornstarch and sugar, add a little cold milk and pour into hot milk. Cook fifteen minutes. Add beaten egg yolks, salt, and vanilla. Cook five minutes. Cool, and fill pie shell. Spread with meringue made with egg whites beaten stiff, and one-quarter cup of sugar. Bake in a moderate oven until meringue is firm.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

COCOANUT CREAM PIE

2 tablespoons cornstarch	1 cup grated cocoanut
1 1/2 cups water	2 eggs
1/2 cup condensed milk	1 teaspoon vanilla
1/4 teaspoon salt	Pastry

Mix cornstarch with a little cold water. Add rest of water, milk, and salt. Cook in double boiler until thickened, stirring constantly. Add cocoanut, eggs slightly beaten, and vanilla. Pour into plate lined with pastry and bake in a moderately hot oven until firm.

Time in oven, 30 minutes. Temperature 400° 5 minutes, 350° 25 minutes. Servings, 6.

COFFEE CREAM PIE

1/3 cup ground coffee	3 tablespoons sugar
3 cups milk	3 tablespoons cornstarch
2 eggs	Pastry

Tie coffee in a small muslin bag, place in cold milk and let stand twenty minutes. Then cook for five minutes and re-

move bag. Beat eggs slightly; add to sugar and cornstarch. Add hot milk and cook in double boiler until thickened. Fill crust and bake in a moderately hot oven until firm.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 350° 30 minutes. Servings, 6.

CREAMLESS CREAM PIE

$\frac{3}{4}$ cup brown sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup flour	1 tablespoon butter
2 egg yolks	Baked pastry shell
2 cups milk	4 tablespoons powdered sugar

Stir sugar and flour together. Beat egg yolks and stir in. Scald milk and add slowly to mixture. Let cool, and add vanilla and melted butter. Put into a rich pie crust which has been previously baked. Cover with meringue made of egg whites and powdered sugar, and bake in a moderate oven until meringue is brown.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

STRAPPED DATE PIE

1 cup chopped dates	$\frac{1}{2}$ cup sugar
1 cup chopped apples	Speck cinnamon
4 tablespoons lemon juice	Pastry

Stone dates and put through food chopper with apples. Dried apples should be soaked overnight, then drained well before using. Add remaining ingredients and bake in a moderately hot oven, in one crust with straps across top.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

LEMON PIE

2 cups milk	2 egg yolks
1 cup sugar	1 lemon (3 tablespoons juice
$\frac{1}{4}$ teaspoon salt	and grated rind)
3 tablespoons cornstarch	Baked pastry shell

Scald milk. Mix sugar, salt, and cornstarch, and pour milk on gradually. Cook in a double boiler for fifteen minutes,

stirring constantly until thickened, and afterwards occasionally. Beat egg yolks and add to first mixture. Then cook three minutes, stirring constantly. Remove from stove; add lemon juice and grated rind. Cool slightly and pour into baked crust. Cover with meringue (see page 195). Brown in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

LEMON CRUMB PIE

12 tablespoons crumbs	3 eggs
5 tablespoons sugar	1 lemon (grated rind and juice)
2 tablespoons shortening	Pastry
1½ cups milk, scalded	

Mix the crumbs, sugar, shortening, and lemon rind. Stir in the hot milk. When cool, add the egg yolks beaten, and the lemon juice. Line a pie plate with pastry. Pour in mixture and bake in a moderately hot oven. When about done remove a minute, heaping on meringue made from the whites of eggs beaten stiff, with one-quarter cup sugar added. Brown in a moderate oven.

Time in oven, 35 minutes. Temperature 400° 5 minutes and 350° 30 minutes. Time for meringue, 20 minutes. Temperature, 325°. Servings, 6.

MARLBOROUGH PIE

½ cup grated apple	1 lemon
½ cup granulated sugar	½ cup rich milk
3 tablespoons butter	Pastry
1 egg	

Grate apple. Cream sugar and butter and add egg well beaten. Add juice and rind of lemon, apple, and milk. Put in a pastry lined pie plate and arrange pastry strips on top. Bake in a moderately hot oven.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 375° 30 minutes. Servings, 6.

ORANGE CUSTARD PIE

$\frac{1}{2}$ teaspoon salt	3 cups milk
9 tablespoons sugar	1 orange (grated rind and sliced pulp)
4 tablespoons flour	
4 tablespoons cornstarch	2 egg yolks
	Baked pastry shell

Stir together salt, sugar, flour, and cornstarch. Make it into a paste with some of the milk; then add remaining milk. Add grated rind, and cook in a double boiler, stirring constantly, until it thickens. Remove from fire, and stir in the egg yolks which have been beaten with a little water. Add the juice from the sliced orange pulp and cook two minutes. Cool, fill a baked crust with the custard, and spread over it the sliced orange sections. Cover with meringue made from the two egg whites beaten stiff and one-quarter cup sugar. Brown meringue in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PEACH PIE

Canned or fresh peaches	$\frac{1}{4}$ cup sugar
Baked pastry shell	$\frac{1}{4}$ teaspoon lemon extract
2 egg whites, stiffly beaten	

Slice peaches on the baked crust, cover with meringue made of other ingredients and bake in a moderate oven. Serve as soon as cold.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PRUNE AND APPLE PIE

3 cups sliced apples	1 tablespoon lemon juice
$\frac{3}{4}$ cup sugar	Pastry
1 cup stoned and cooked prunes	

Line pie plate with pastry. Cover with a layer of apples and sprinkle with sugar. Then add a layer of prunes and

sprinkle with sugar; then another layer of apples and sugar. Add lemon juice. Cover with pastry and bake in a moderately hot oven.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

COLONY PUMPKIN PIE

4 cups strained pumpkin	1 teaspoon ginger
4 cups milk	½ cup molasses
2 eggs	½ cup sugar
1½ teaspoons salt	Pastry

Combine ingredients for filling. Pour into pastry-lined pie plates and bake in moderately hot oven until firm.

Time in oven, 45 minutes. Temperature, 400° 5 minutes, 350° 40 minutes. Servings, 12.

PUMPKIN NUT PIE

1 cup prepared pumpkin	2 cups milk
1 cup brown sugar	2 tablespoons flour
¼ teaspoon nutmeg	2 eggs
¼ teaspoon cinnamon	½ cup grated cocoanut
1 teaspoon salt	Pastry
½ cup nut meats (chopped)	

Mix ingredients, pour into a pastry-lined plate, and bake in a moderately hot oven.

Time in cooking, 45 minutes. Temperature, 400° 5 minutes, 350° 40 minutes. Servings, 6.

To Prepare Pumpkin: — Three tablespoons pumpkin flour, one cup cold water. Let pumpkin flour stand in the cold water thirty minutes, then simmer slowly ten minutes. Cool pumpkin and then use as ordinary strained pumpkin.

RAISIN-PINEAPPLE PIE

1 slice pineapple	2 tablespoons cornstarch
1 cup raisins	½ lemon, juice
½ cup water	½ cup pineapple juice
¾ cup sugar	Pastry

Chop pineapple and add to raisins with water. Mix sugar and cornstarch thoroughly and stir into raisin mixture. Cook ten minutes, add lemon and pineapple juice, and a pinch of salt. Cool and then bake between two crusts in a moderately hot oven. The filling may be baked in a deep dish with a baking powder crust and served as a pudding with marshmallow sauce.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

RASPBERRY PIE

$\frac{1}{2}$ cup sugar	1 pint can raspberries
$\frac{1}{4}$ cup cornstarch	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup water	Pastry

Mix sugar, cornstarch and cold water. Drain juice from berries and add cornstarch mixture and salt. Cook ten minutes. Cool and pour into a plate lined with pastry. Cover with a top crust and bake in a moderately hot oven. If fresh berries are used, omit the water, spread the mixture of sugar and cornstarch on the bottom pastry and heap the berries on top. More sugar may be required for fresh berries. Cut a hole in the centre of the top crust and insert a paper funnel to prevent juice from boiling out.

Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

STRAWBERRY PIE

Bake a shell of flaky pastry. Cool, and fill with fresh strawberries which have been hulled and cooked for fifteen minutes with enough sugar to make them of the desired sweetness. Cover with whipped cream, or with a meringue made of two egg whites beaten stiff and dry with four tablespoons of powdered sugar. Brown meringue in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

WESTERN MINCE MEAT

2½ pounds round of beef	1½ cups lemon juice
½ pint chopped suet	2 packages raisins (seeded)
¼ pound citron	1 package raisins (seedless)
2 quarts chopped apples	3 quarts canned red English currants
2 pounds sugar	2 tablespoons cinnamon
1 cup molasses	1 teaspoon allspice
2 tablespoons salt	2 teaspoons nutmeg
1 teaspoon mace	
1 teaspoon cloves	

Cook the beef slowly three hours. Let it cool in the water in which it was cooked. Put meat through food chopper, also the suet and citron. Chop the apples rather coarsely. Mix all ingredients thoroughly, let stand overnight. Bake in a moderately hot oven. Put into sterile jars and seal. Time in oven, 1 hour. Temperature, 375°.

PAstry DESSERTS

APPLE AND COCOANUT TARTS

1 cup grated apple	2 egg whites
¼ cup sugar	1 cup cocoanut (freshly grated)
½ teaspoon cinnamon	Tartlet shells
¼ teaspoon lemon rind	

To grated apple, add sugar, cinnamon, and grated lemon rind. Add stiffly beaten egg whites. Sprinkle tartlet shells with cocoanut, fill and sprinkle the tops with cocoanut. Put in a hot oven to set the crust; then reduce heat to moderate. Time in oven, 25 minutes. Temperature, 400° 5 minutes, 325° 20 minutes. Servings, 16.

BAKEWELL TART

Pastry	4 tablespoons butter
Jam	6 tablespoons sugar
2 eggs	2 ounces ground almonds

Line a tart tin with pastry, spread with a layer of jam. Mix eggs, butter, sugar, and almonds together; pour over the jam. Bake in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 400° 5 minutes, 350° 25 minutes. Servings, 16.

BRAMBLES

1 cup raisins	1/2 cup sugar
1/2 cup dates	4 tablespoons lemon juice
1/2 cup nuts	Pastry

Chop fruit and nuts, add sugar, and lemon juice. Roll pastry thin and cut in squares. Put a tablespoon or more of the mixture on a square. Wet the edges and fold over to form a triangle. Prick holes with a fork in upper sides. Bake in a hot oven.

Time in oven, 20 minutes. Temperature, 400°. Servings, 10.

CHERRY TARTS

1 cup chopped cherries	2 egg whites
1/2 cup sugar	4 tablespoons sugar (for me- ringue)
2 egg yolks	Pastry

Line tart pans with a rich pastry. Fill with a mixture of cherries, sugar, and beaten egg yolks. Bake in a moderately hot oven. Cover with meringue made from egg whites and sugar, and brown delicately in a moderate oven. If white cherries are used, a dash of nutmeg improves the flavor.

Time in oven, 20 minutes. Temperature, 400° 5 minutes, 350° 15 minutes. Time for meringue, 15 minutes. Temperature, 325°. Servings, 8.

FRUIT ROLLS

Roll pastry very thin and cut into small squares. Spread with mixture of cranberry or currant jelly and orange marmalade, using three tablespoons of marmalade to one cup of jelly. Roll up like little jelly rolls and bake in a hot oven. Time in oven, 10 minutes. Temperature, 400°.

FRUIT TARTS

1 cup dates cut in pieces	1/4 cup white sugar
1/4 cup chopped walnut meats	2 tablespoons melted butter
1/2 cup chopped raisins	1/2 cup water
1/2 cup sliced orange peel	Baked pastry shells
1/4 cup brown sugar	

Mix all of the ingredients. Cook slowly five minutes. Cool. Fill individual shells and top with meringue. Sprinkle with cocoanut and brown slightly in oven.

Time in oven, 15 minutes. Temperature, 325°. Servings, 10.

JELLY SANDWICHES

Roll pastry very thin and cut into small squares or rounds. Bake in a hot oven. Spread half of little wafers with currant jelly and sprinkle with chopped nut meats. Place remainder of wafers on top in sandwich style.

Time in oven, 8 minutes. Temperature, 400°.

LEMON CONFECTION TARTS

$\frac{1}{2}$ cup water	1 tablespoon cornstarch
1 tablespoon butter	2 egg yolks
$\frac{3}{4}$ cup sugar	3 tablespoons lemon juice
$\frac{1}{8}$ teaspoon salt	Baked pastry shells (individual)
1 teaspoon grated lemon rind	

Meringue

4 tablespoons powdered sugar	3 tablespoons minced candied
2 egg whites	fruit

Make lemon filling by thoroughly mixing all ingredients except eggs and lemon juice. Cook until smooth and thick, about ten minutes. Add egg and lemon juice and cook three minutes longer. Fill pastry shells. Fold sugar into stiffly beaten egg whites, and then add very finely minced candied fruit, using various combinations as preferred. Place this over the tops of the tarts, and brown delicately in the oven. Time in oven, 15 minutes. Temperature, 325°. Servings, 16.

MAPLE WAFERS

Cut pastry in strips about three inches long and one inch wide; bake a delicate brown in hot oven. Spread with Maple

Fondant, and while still soft press in nut meats. Candied cherries may be used instead of nut meats.
Time in oven, 12 minutes. Temperature, 400°.

MELBA TARTS

$\frac{1}{4}$ cup butter	Plain pastry
1 cup water	Peach halves
1 cup flour	Whipped cream
4 eggs	

Heat butter and water to boiling point. Add flour and stir until a ball is formed. Remove from stove and beat in eggs, one at a time. Cut pastry in rounds. Around the edge of each pipe the first mixture, using a pastry tube. Bake in a moderate oven. In centre of each tart place one-half peach. Garnish with whipped cream.

Time in oven, 40 minutes. Temperature, 350°. Servings, 10.

PEACH PATTIES

$\frac{1}{2}$ cup sugar	1 tablespoon butter
$\frac{1}{2}$ cup peach syrup	$\frac{1}{2}$ cup shredded cocoanut
1 slice lemon	6 canned peach halves
4 cloves	Pastry

Dissolve sugar in syrup from peaches. Add lemon, cloves, and butter. Boil five minutes. Moisten cocoanut with a little of this syrup and fill cavities of peaches. Line muffin tins with pastry and place a peach half in each, cut side down. Pour a tablespoon of the syrup over each, and bake in a hot oven, sprinkling with dry cocoanut a few minutes before taking from oven. Garnish with maraschino cherries. Time in oven, 20 minutes. Temperature, 425°. Servings, 6.

PELHAM TARTS

$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ tablespoon cornstarch
1 orange	1 tablespoon cold water
$\frac{1}{2}$ lemon	1 tablespoon butter
1 cup crushed pineapple	1 egg
$\frac{3}{4}$ cup sugar	Pastry

Cut raisins in small pieces. Grate rind and extract juice of orange and lemon. Mix with pineapple and sugar and boil gently for ten minutes. Mix cornstarch with cold water and add to first mixture, stirring constantly until thickened. Add butter and cook five minutes. Remove from stove, and add egg slightly beaten. Roll pastry one-quarter inch thick and cut in four-inch squares. Put a spoonful of the filling on one half of each, moisten edges, and fold over other half. Press down edges and prick top well with a fork. Bake in a hot oven.

Time in oven, 15 minutes. Temperature, 400°. Servings, 20.

POULTRY

Facts to Remember about Poultry

Fresh poultry should be firm, of yellowish tinge, with a fair amount of fat under the skin. A flabby, bluish look denotes cold storage poultry.

A chicken has smooth soft feet, and smooth tender skin with pin feathers but few hairs. The end of the breast bone is flexible and the flesh is lean.

In fowls, the feet are hard and scaly, and the skin thick and tough with long hairs instead of pin feathers. The cartilage at the end of the breast bone has hardened so that it is no longer flexible. A fowl has a larger proportion of fat than a chicken.

In preparing a chicken for cooking the first step is to singe it to remove the hairs. Do this by holding it by the neck and feet and revolving it over a gas flame or a blazing paper. Take care not to scorch the skin. Pin feathers are removed with a small knife or tweezers. The oil sac above the tail should be cut out.

If the chicken has not been dressed at the market the next step is to draw it. First cut a slit lengthwise in the skin of the neck at the front, insert the fingers and draw out the crop, which lies just under the skin close to the breast, and with it the windpipe. Next make an incision just below the breast bone large enough to admit the hand. Work around the organs, loosening them from the body. Slip the fingers around the whole mass near the neck and pull it gently out. The crop and wind pipe may be removed in this way instead of through the neck. Be careful to remove the bits of lung and liver that cling between the ribs. Rinse the cavity with cold water.

If the tendons in the legs are removed the meat will be more tender. Cut a slit just above the foot and the tendons will be visible. Pull them downwards with a steady motion until they loosen at the second joint and come out.

To cut up a chicken, first cut through the skin between the body and leg, close to the body. Bend back the leg to break the ligaments, cut through the flesh and separate at the joint. Divide the leg into two sections by cutting through the flesh and separating at the joint. Cut through the skin and flesh around the upper wing joint and disjoint the wing from the body. Cut off the tip of the wing. In the same

way remove the leg and wing from the other side. Separate the breast from the back by cutting through the skin two inches below the breast bone and running the knife along the line of the lower ribs until it strikes the back bone. Then break the bone at the joint and pull the two pieces apart. Loosen the skin around the neck with the finger, break the neck back and remove it.

In stuffing a chicken, fill the crop region with the dressing and tie the end of the skin over the neck. Then fill the body region and sew up the opening, or fasten it by sticking toothpicks through the skin on either side and lacing twine around the ends. Allowance should be made for the swelling of the dressing as it cooks. Truss the wings and legs close to the body by tying with twine or fastening with two long skewers run through the body of the bird, one just beneath the legs, the other through the wings and breast. Tie the ends of the legs together and fasten down to the tail.

Turkey, duck and goose are prepared similarly to chicken. They are usually cooked by roasting.

Roasting.—In roasting poultry the larger the bird the lower should be the temperature. The skin protects against loss of juices so that it is not necessary to sear the surface with intense heat as it is in the case of meats. The temperature should be sufficiently high, however, to brown the skin during the first part of the cooking.

Keep a little water in the pan while the bird is roasting. Baste frequently unless a self-basting roaster is used.

Most poultry is improved by the addition of fat, preferably butter or salt pork.

Frying.—For frying, young chickens are used. Clean them and cut in convenient pieces for serving. Sprinkle with salt and pepper and dredge with flour. Brown on both sides in salt pork fat, bacon fat or butter. Then cover and cook slowly until the meat is tender. Older chickens may be used for frying if they are first parboiled.

CHICKEN WITH ASPARAGUS

1½ cups diced cooked chicken	1½ cups white sauce
1½ cups diced canned aspara-	½ cup dried bread crumbs
gus	
2 cups chopped hard-cooked	1 tablespoon butter, melted
eggs	

The white sauce may be made entirely of milk, equal parts of chicken stock and milk, or equal parts of asparagus liquor and milk. Grease a baking dish, put in a layer of the chicken, followed by one of asparagus, and sprinkle on a little of the egg, then add some of the sauce. Continue in this way until

all is used, topping with crumbs mixed with melted butter. Bake in a moderate oven until brown.

Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

BAKED CHICKEN WITH HAM

3 Guinea chickens or broilers	Cream
Salt and pepper	Flour
Melted butter	Ham

Remove breast meat from birds. Place in pan, sprinkle with salt and pepper, brush with melted butter, and the cream. Dredge with flour. Bake in hot oven until tender, basting three times with fat in pan. Serve on toast covered with a thin slice of cooked ham and surround with Tosca Sauce (see page 239).

Time in oven, 45 minutes. Temperature, 400°.

CHICKEN BAKED IN MILK

Clean chicken and cut in pieces for serving. Sprinkle with salt and pepper and roll in flour. Sauté in drippings until golden brown. Arrange pieces in baking dish and cover with milk. Cover and bake in a moderate oven until tender. Thicken the liquid with a little flour and milk stirred together until smooth. Temperature, 350°.

CHICKEN BAKED WITH PARSNIPS

2 young roasting chickens, 9 pounds	2 teaspoons salt, pepper
3 pounds parsnips	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ cup drippings Stock from bones

Have chickens split through the backbone when cleaned. Remove skin and cut into pieces for serving. To the neck, giblets, ends of wings and legs, and bony framework that has little meat add water and cook for stock. Season the stock thus obtained and use for basting. Grease the pan well, sprinkle with half the flour and lay in the pieces of

pared parsnip. Next lay in the pieces of chicken, having a pan large enough so that there will be only two layers. Mix salt, pepper, remaining flour, bread crumbs, and drippings together and sprinkle thickly over chicken. Put into a very hot oven for fifteen to twenty-five minutes, then finish cooking at a moderate temperature. When half cooked baste with two cups of chicken stock. More stock may be added later if necessary. When ready to serve lay pieces of chicken on a platter and surround with parsnips. Serve gravy separately. Time in oven, 25 minutes at 450°, and until tender at 325°. Servings, 8.

BROILED CHICKEN

Have four two and one-half pound broilers dressed and split for broiling. Place them in a well-greased pan, skin side down, sprinkle with salt and pepper and place small pieces of butter over them. Put into a hot oven and bake one-half hour or more. Remove to a well-greased broiler and broil over a clear fire to finish. When done, place on a platter, brush over with Maître d'Hôtel butter and serve. A garnish of cress adds to the attractiveness of the dish.

Time in oven, 30 minutes. Temperature, 450°. Servings, 8.

CREAMED CHICKEN À LA KING

4 tablespoons butter (melted)	2 egg yolks
4 tablespoons flour	2 tablespoons lemon juice
1½ cups milk	¼ teaspoon mustard
1 cup mushrooms	1½ teaspoons salt
¼ cup green peppers	1 teaspoon paprika
1½ cups diced breast of cooked chicken	

Make white sauce by blending butter and flour, and adding the hot milk. Cook in double boiler, stirring until thickened. Sauté mushrooms and add to sauce with minced green peppers and chicken. Beat egg yolks, add seasonings, and add to rest of mixture. Heat until the boiling point is reached and simmer slowly ten minutes. Serve on toast. Servings, 6.

CREAMED FILLET OF CHICKEN

Breast and second joints from two chickens	1½ cups stock ½ cup cream
4 bunches onions	3 egg yolks
3 tablespoons butter	Salt and pepper
4 tablespoons flour	Lemon juice

Cook the chicken in a small quantity of water with the onions. Remove chicken to the serving dish as soon as tender. Drain onions from the stock. Melt the butter, add flour, and pour stock in gradually. As soon as the boiling point is reached add cream, slightly beaten egg yolks, salt, pepper, and lemon juice to taste. Add onions and pour over chicken. Servings, 8.

CHICKEN CROQUETTES

1 cup corn meal mush	1 egg
1 cup chopped chicken	Salt
Few drops onion juice	Pepper

Mix ingredients together. Make into cakes, roll in flour, and sauté in a frying-pan, or shape in balls, roll in crumbs, egg, and crumbs again, and fry in deep fat.

Time, 2 minutes each. Temperature of fat, 370°. Servings, 8.

FRICASSEE OF CHICKEN

7 pound fowl	2 tablespoons butter
¼ cup diced carrot	3 cups stock
¼ cup diced onion	1 teaspoon dry celery leaves
2 quarts water	1 teaspoon minced parsley
2 teaspoons salt	1 tablespoon lemon juice
4 tablespoons flour	1 egg yolk

Have fowl cut for fricassee. Wash pieces and wipe with food cloth. To whiten, plunge into boiling water and rinse in cold water. Pour into stew kettle with vegetables, water and salt. Cook until tender. Blend flour and butter, add three cups stock and cook until thickened. Then add seasonings, lemon juice, and egg yolk. Reheat chicken,

cut in serving pieces and pour sauce over them. Serve with waffles. Servings, 15.

FRIED CHICKEN AND PINEAPPLE

5 slices pineapple	2 tablespoons cooking oil
Bread crumbs	6 ounce can chicken

Put slices of pineapple under a heavy weight and let stand until quite dry. Cut in pieces and dip in crumbs. Sauté in oil. When brown, add chicken cut in small pieces. Heat thoroughly before serving. Servings, 4.

ROAST CHICKEN LOAF

5 pound rooster or fowl	1 cup chicken stock
Onion	2 cups bread crumbs
Herbs, if liked	½ teaspoon poultry dressing
1 teaspoon salt	⅓ teaspoon pepper
1 large potato	Chicken fat or cooking oil
1 onion	

Select a rooster, clean, cut in pieces, and boil gently in water for two hours. Onion, herbs and salt may be if desired added to water to taste. Cut pieces of meat from bone and return bones and skin to boil another two hours. For the dressing boil the potato and onion in one cup of chicken stock until mushy, then add crumbs and seasonings. Grease a loaf tin well, cover bottom with pieces of meat and spread with the dressing. Put rest of meat on top, brush well with fat, sprinkle with a light covering of crumbs and bake until meat is tender and brown. Serve with giblet gravy.

Time in oven, 1 hour and 20 minutes. Temperature, 375°. Servings, 10.

SCALLOPED CHICKEN

1½ cups chicken broth	2 cups diced chicken
3 tablespoons flour	2 cups fresh or canned corn
3 tablespoons butter	⅓ teaspoon celery salt, or
Salt	½ cup celery
Speck pepper	Bread crumbs

Make a sauce of broth, flour, butter, salt, and pepper. Put chicken and corn in baking dish in alternate layers, sprinkling each with celery salt or diced, parboiled celery. Add sauce, sprinkle with soft bread crumbs, and bake in a moderately hot oven.

Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

CHICKEN TIMBALES

$\frac{1}{2}$ cup bread crumbs	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup milk	Pepper, nutmeg
$\frac{1}{3}$ cup chicken meat, ground	$\frac{1}{4}$ cup whipped cream
1 egg white	

Cook the bread crumbs and milk until smooth in consistency and the mixture comes away from sides of pan. Add chicken and egg lightly beaten. Season to taste. Whip cream and fold into chicken mixture. Pour into timbale or custard cups. Set in a pan of hot water and bake in a moderate oven until firm. Remove from water and let stand a few moments before unmolding. Turn out on a warm platter. Serve with currant jelly or Soubise Sauce (see page 238).

Time in oven, 30 minutes. Temperature, 350°. Servings, 2.

ROAST DUCK

Duck	1 sprig parsley
2 slices fat salt pork	1 bay leaf
5 slices carrot	2 tablespoons butter
$\frac{1}{2}$ onion (sliced)	Boiling water
2 sprigs thyme	

Dress and clean duck and steam one hour. Stuff and truss. In a frying-pan try out the fat salt pork, cut one-quarter inch thick. Add carrot cut in small cubes, and onion, thyme, parsley, bay leaf, and cook ten minutes. Then add butter and brown the duck in it. Place on trivet in a deep pan, add the contents of the frying-pan, rinse it out with one cup of boiling water, and add another cup of boiling water. Cover and bake in a moderate oven until tender, basting often and

adding more water if needed. Serve with gravy made from stock in pan.

Time in oven, 2 hours. Temperature, 350°.

ROAST WILD DUCK

Dress and clean a wild duck, stuff with Peanut Stuffing (see page 274) and truss securely. Place on a rack in roasting pan, brush lightly with fat, and sprinkle with salt and pepper. If wanted rare, bake thirty minutes in a hot oven, basting every five minutes with the fat which will drip out into the pan. Cook longer if desired, reducing the temperature. Put on a platter, remove the string and skewers, and garnish with parsley. With the duck serve currant jelly or orange sauce. Temperature of oven, 425°.

ROAST GOOSE

Hold the goose firmly and move about over a hot flame in order to singe off all the hairs. With a small sharp knife remove all the pin feathers. Wash the goose in hot soap-suds, scrubbing with a small brush. Rinse again in cold water and wipe. Stuff with Potato Stuffing (see page 274), truss, sprinkle with salt and pepper, place in a roasting pan and bake in hot oven. As soon as the fat begins to try out from the goose, use it for basting, and baste every ten or fifteen minutes during all the time of cooking. Place on a hot platter, cut the strings and remove them and the skewers. Garnish with watercress or parsley and bright red cranberries. Time in oven, 2 hours for medium sized goose. Temperature, 400°.

ROAST GUINEA HEN

Dress, clean a guinea hen, stuff with Raisin Stuffing (see page 274) and truss. Place on its back in a roasting pan, rub the entire surface with salt, and spread breast and legs with a mixture made of three tablespoons butter and two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven. When flour is well browned reduce the heat and baste. Continue basting every ten minutes until guinea

hen is tender. For basting use one-quarter cup melted chicken fat, or drippings and two-thirds cup boiling water, adding more water if necessary. Turn the guinea hen while cooking that it may brown evenly. Serve with brown gravy made from fat in pan. Makes a good Christmas dinner for two. Time in oven, about 1 hour. Temperature, 425° for 15 minutes, 375° for remainder of time.

PARTRIDGES À LA GEORGE CARRUTHERS

A brace or more partridges	Butter
Flour	2 cups heavy cream
Salt and white pepper	Dash paprika
½ cup small cubes fat pork	1 cup mushrooms

Cut up birds as for fried chicken. Dip in flour seasoned with salt and pepper, and brown delicately in fat tried out of pork, to which an equal quantity of butter has been added. Remove partridge, add cream and season sauce in pan to taste, then add mushrooms. Thicken sauce if necessary with blended flour and fat. Replace partridge and reheat. Serve with buttered toast.

PIGEON PIE

6 pigeons	8 slices carrot
Drippings	2 sprigs parsley
Boiling water	2 stalks celery
1½ teaspoons peppercorns	4 tablespoons butter
1 onion	3 tablespoons flour
8 cloves	

Dress, clean, and truss pigeons and sauté in drippings until entire surface is seared, turning frequently. Put in a kettle, nearly cover with boiling water, and add peppercorns, onion stuck with cloves, carrot, parsley, and celery, and let simmer five hours, or cook in fireless cooker until tender. Remove pigeons, strain liquor, and thicken with butter melted and blended with flour. Reheat pigeons in sauce. Line a baking dish with pastry, arrange reheated pigeons in dish and cover with pastry. Bake in a hot oven.

Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

STUFFINGS

CHESTNUT STUFFING FOR TURKEY

1 quart chestnuts	$\frac{1}{4}$ teaspoon pepper
2 cups bread or cracker crumbs	2 teaspoons chopped parsley
2 teaspoons salt	$\frac{1}{2}$ cup melted butter

Shell chestnuts, pour boiling water over them and remove inner brown skin. Boil in salted water or in stock till soft. Mash fine and add the other ingredients.

CHESTNUT STUFFING FOR GOOSE

$\frac{1}{2}$ teaspoon finely chopped shallot or onion	$\frac{1}{2}$ tablespoon finely chopped parsley
3 tablespoons butter	Salt, pepper
$\frac{1}{4}$ pound sausage meat	$\frac{1}{2}$ cup stale bread crumbs
12 canned mushrooms, finely chopped	24 French chestnuts, cooked and left whole
1 cup chestnut purée	

Cook shallot or onion with butter five minutes, add sausage meat and cook two minutes. Then add mushrooms, chestnut purée, parsley, and salt and pepper. Heat to boiling point, and add bread crumbs and the chestnuts. Cool mixture before stuffing goose. Chestnut purée is made by cooking the large French chestnuts until soft in boiling salted water, and mashing them through a strainer or potato ricer.

PARSLEY STUFFING FOR ROAST PIG

2 quarts bread crumbs (very dry)	Pepper
3 onions (chopped fine)	Salt
1 bunch parsley (minced)	Soup stock
1 stalk celery (chopped)	1 tablespoon tomato soup (canned)

Mix dry ingredients together thoroughly. Moisten a little with clear soup stock, being careful not to use enough to make the texture in the least soggy. Add the tomato soup.

PEANUT STUFFING FOR DUCK

$\frac{3}{4}$ cup cracker crumbs	2 tablespoons butter
$\frac{1}{2}$ cup shelled peanuts	Few drops onion juice
$\frac{1}{2}$ cup heavy cream	Salt, pepper, and cayenne

Put the cracker crumbs and shelled peanuts through the food chopper, add cream or top milk, butter melted, onion juice, salt, pepper, and cayenne to taste. Mix lightly with a fork.

POTATO STUFFING

2 cups hot mashed potato	1 finely chopped onion
1 $\frac{1}{4}$ cups stale bread crumbs (soft)	1 egg, slightly beaten
$\frac{1}{4}$ cup finely chopped salt pork	1 $\frac{1}{2}$ teaspoons salt
	1 teaspoon sage

Put the potato through the ricer that there may be no lumps. Add remaining ingredients and mix lightly. Any dripping or fat may be used in place of the salt pork. Use as a stuffing for roast goose.

RAISIN STUFFING

$\frac{1}{2}$ cup raisins	Pepper
$\frac{1}{2}$ cup walnut meats	Sage or poultry dressing
2 cups fine stale bread crumbs	$\frac{1}{2}$ cup melted butter
Salt	$\frac{1}{3}$ cup boiling water

Cut raisins and nuts in small pieces and add to bread crumbs. Add salt, pepper, and sage, and over it pour melted butter and boiling water. Stir lightly with a fork and use as stuffing for a guinea hen.

SALADS

Facts to Remember in Preparing Salads

The important mineral salts and vitamines and the refreshing acids of fruit and vegetables which the body needs daily can be supplied in no better way than in the appetizing and attractive form of salads.

Salads may be broadly classed in two groups—salads which are accompaniments to the meat course or form a course in a heavy meal, and those which serve as the main part of a meal.

Salads offer many interesting possibilities for the utilization of leftovers. Several ingredients may be combined successfully, but care should be taken that the flavors and textures are of a sort that blend well. A mixture of too many different materials should be avoided.

A garnish of some succulent green plant like lettuce, watercress, romaine or endive is essential to almost every salad to make it attractive to the eye, as well as complete in food value.

The real secret of success with salads is in the careful preparation of materials. Lettuce or other greens should be picked over carefully and washed in cold water. A single faded leaf, insect ravage or speck of dirt will spoil the appearance of the whole salad. If the vegetables are at all wilted they should be left in cold water to become crisp, then patted dry with a food cloth or twirled in a cheesecloth bag until the drops of water have been forced out. Lettuce which is not to be used immediately should be left near the ice.

Vegetables, fruit or meat should be cut into uniform pieces which are neither so large that they must be broken before they are eaten nor so small that they form a paste when the dressing is added.

The ingredients and the garnish should be kept cold and dry until it is time to mix the salad. Salads should be mixed lightly, never pressed down or stirred.

A salad containing fruit or fresh vegetables should never be mixed until just before serving or it will be wilted and the dressing watery.

When salad ingredients are marinated in vinegar or French dressing for additional flavor they should not be allowed to stand too long and the superfluous liquid should be carefully drained off before the dressing is added.

In general only simple leaf salads with plain dressing should be served with hot meats. The more fatty the meat, the more acid should be the salad. Sweet salads or heavy salads made of meat or fish should never be served as an accompaniment, but as a separate course.

A salad covered with mayonnaise is out of place when a heavy meat or rich dish is previously served.

Plain thin bread and butter sandwiches or simple crackers may be served with any salad. Cheese, especially cream cheese, is a tasty accompaniment to light salads.

FISH SALADS

ARTICHOKE AND CRAB SALAD

6 artichokes	1 cup diced celery
1 cup flaked crabmeat	$\frac{1}{4}$ cup chopped sour pickles

Wash artichokes and boil in salted water for thirty minutes. Peel off the outside leaves and cut off the tops. Spread open the heart and fill the centre with crabmeat, celery, and pickle mixture. Serve on lettuce with mayonnaise.
Servings, 6.

CRAB SALAD

1 pound crab meat	Salt, pepper and paprika
2 cups diced celery	3 tablespoons mayonnaise
2 tablespoons vinegar	

Flake crab, and add to diced celery, season with vinegar, salt, pepper, and paprika. Chill thoroughly, mix with three tablespoons mayonnaise, and heap on lettuce leaves. Garnish with mayonnaise, chicory, sliced pickles, and olives. Keep cool until served. Servings, 8.

FISH AND VEGETABLE SALAD

1 slice halibut or	2 cups peas
1 can tuna fish	2 cups midget lima beans
4 cups diced cooked potatoes or potato balls	3 tomatoes French Dressing

If halibut or other raw fish is used, it should be cooked in water until tender, with one onion cut in slices, four slices of carrot, six cloves, four peppercorns, bit of bay leaf, blade of mace, and two tablespoons vinegar. Skin and bone the fish after cooking. The fish, potato, peas, beans, and sliced tomato should be marinated separately with French dressing and chilled.

Arrange the fish in the shape of an oval slice on a platter. Arrange the lettuce leaves in cup shape around the oval, for the vegetables. Put the potato at either end of the fish, and a mound each of peas and beans on either side. Sprinkle the potato with chopped parsley. Cover the fish with overlapping slices of the tomato, and garnish with mayonnaise dressing. Servings, 8.

HERRING SALAD

3 cups cold boiled potatoes	$\frac{1}{4}$ cup pickled onion
$\frac{1}{2}$ cup smoked herring	$\frac{1}{2}$ cup French Dressing

Dice potatoes, cut herring in small pieces, and add pickled onions cut in halves. Marinate in French dressing and let stand for an hour. Serve on hearts of lettuce. Servings, 6.

LOBSTER SALAD

Cut lobster in half inch cubes. Mix with a small amount of salad dressing, and serve on fresh crisp lettuce leaves, putting additional dressing on the top of each salad. Salad should be mixed just before serving, and kept on ice until the last moment.

LOBSTER À LA LOUIE SALAD

1 lobster or $\frac{1}{4}$ pound can of lobster meat	1 large head of lettuce
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Dressing

$\frac{1}{2}$ cup minced onions	$\frac{1}{2}$ cup Chili sauce
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ cup tomato catsup
$\frac{1}{2}$ cup chopped green pepper	1 teaspoon Worcestershire sauce
$\frac{1}{2}$ cup mayonnaise	

Use mild onions or blanch the strong ones. Add chopped vegetables to the mayonnaise, with the Chili sauce, tomato catsup, and Worcestershire sauce. Either fresh or canned lobster may be used, cut in cubes. Serve on shredded lettuce with the chilled dressing. Crab or shrimp may be used in the same way. Servings, 6.

PASADENA SALAD

$\frac{3}{4}$ cup shrimp (1 small can)	Salt and pepper
1½ cups celery	1 teaspoon tarragon vinegar
½ cup radishes	½ cup mayonnaise
½ cup peas	¼ cup nuts

Cut shrimp in small pieces. Dice celery and slice radishes. Combine shrimp and vegetables, adding a little salt and pepper. Pour into a salad bowl, add vinegar, and spread mayonnaise over top. Sprinkle with chopped nuts and garnish with tiny hearts of lettuce. Servings, 6.

SALMON IN CUCUMBER ASPIC

4 cucumbers	1 quart water
1 onion	2 tablespoons gelatine
½ teaspoon salt	½ cup cold water
⅛ teaspoon white pepper	1 cup salmon, flaked

Peel and slice cucumbers and onion. Add salt, pepper, water, and simmer until soft. Strain and pour over gelatine, which has been softened in cold water. Cool until it begins to stiffen, add salmon, and turn into individual molds. Serve on lettuce garnished with sliced cucumber, and radish roses. Servings, 8.

MOLDED SALMON SALAD

1 cup canned salmon	1½ tablespoons butter
½ teaspoon salt	⅔ cup milk
1 tablespoon sugar	⅔ cup vinegar
½ teaspoon flour	¾ tablespoon granulated gelatine
1 teaspoon dry mustard	2 tablespoons cold water
Few grains cayenne	
2 egg yolks	

Rinse salmon with cold water and separate in flakes. Mix all remaining ingredients except gelatine and cook over hot water until slightly thickened. Add gelatine which has been softened in cold water. Stir in salmon. Chill in individual molds. Serve on lettuce with Cucumber Sauce (see page 236).

SHRIMP SALAD

1 cup chopped shrimp	1 tablespoon chopped green
1 cup chopped celery	pepper
1 cup chopped stuffed olives	1 tablespoon chopped onion
2 cups chopped hard boiled	4 tablespoons dressing
eggs	1/2 cup nuts (if desired)

Chop the shrimp coarsely after carefully removing the intestinal vein. Add celery, olives, eggs, pepper, onion and dressing. Arrange on lettuce and sprinkle with nuts. Servings, 6.

FROZEN SALADS

For proportions of salt and ice, in packing Frozen Salads, follow directions given for Mousses in Facts to Remember under Frozen Desserts, page 136.

FROZEN CHEESE SALAD

1 pound cheese	1 small can pimientos
1 cup nuts	1 pint cream

Put cheese, nuts, and pimientos through the meat chopper. Fold in stiffly beaten cream. Put in baking powder cans, pack in salt and ice and let stand for four hours. Serve on lettuce with mayonnaise. Servings, 12.

FROZEN FRUIT SALAD

5 oranges	1 small bottle maraschino
5 bananas	cherries
1 small can sliced pineapple	1 cup cooked dressing

1 cup whipped cream

Dice all fruit. Mix well with dressing and fold in cream. Put in baking powder cans and pack in salt and ice for five hours. Serve on lettuce hearts. Servings, 8.

FROZEN PEACHES

Pack a can of peaches in ice and salt for four hours. Cut can one inch below top so that peaches will come out in a mold. Cut in slices, serve on lettuce with Arcola Dressing (see page 294). Servings, 8.

FROZEN PEAR SALAD

Pack a can of pears in salt and ice and let stand for four hours. Cut the can one inch below the top so the pears will come out in a mold without breaking. Have crisp lettuce thoroughly chilled. Arrange on individual plates. Slice the pears in slices about one inch thick, put on the lettuce, and over the top put some oil dressing, and on that put one tablespoon of grated cheese, sprinkle with paprika, and serve at once with saltines. Servings, 8.

PINEAPPLE MOUSSE SALAD

1 tablespoon gelatine	1 cup celery
4 tablespoons cold water	1 teaspoon chives
1 cup hot pineapple syrup	½ teaspoon paprika
¼ cup lemon juice	½ teaspoon salt
6 slices pineapple	1 cup cream

Soak gelatine in cold water, add to hot pineapple syrup. Add lemon juice, cool, and add pineapple, celery and chives cut in small pieces. Add paprika and salt. As it hardens fold in cream beaten stiff. Put in small baking powder boxes and pack in ice and salt. Leave two hours. Remove from molds, cut in slices and serve on lettuce leaves with mayonnaise dressing. Servings, 6.

FROZEN TOMATO SALAD

1 can tomatoes	Bit of bay leaf
1 onion (small)	2 teaspoons granulated gelatine
1 teaspoon sugar	2 tablespoons cold water
½ teaspoon salt	1 tablespoon cider vinegar
1 peppercorn	(mild)
1 teaspoon pepper	

Cook tomatoes with onion, sugar, salt, peppercorn, pepper, and bay leaf. When thoroughly cooked, strain the mixture over the gelatine which has been soaked five minutes in the water. Stir until the gelatine is dissolved. Add the vinegar. Turn into a mold, pack in ice and salt and freeze. Servings, 6.

FRUIT SALADS

APPLE PEANUT SALAD

1 cup celery	4 tablespoons lemon juice
2 cups apple	1 teaspoon sugar
1 tablespoon peanut butter	$\frac{1}{4}$ teaspoon salt

Dice celery and apples. Blend peanut butter and lemon juice. Add sugar and salt, pour over apples and celery. Chill thoroughly and serve on crisp lettuce leaves. Servings, 6.

STUFFED APPLE SALAD

Ripe red apples	2 tablespoons mayonnaise
2 tablespoons lemon juice	3 tablespoons chopped nuts
$\frac{1}{4}$ teaspoon salt	

Hollow out apples, leaving thinnest shell possible. Cut one-half inch petals half way down shell. Let stand in ice water to curl back. Cut pieces of apple in cubes, marinate with lemon juice and salt and mix with mayonnaise. Add nuts just before serving. Fill inverted shells and serve on lettuce.

STUFFED APRICOT SALAD

For each serving arrange two apricot halves on lettuce. Fill cavities with cream cheese, softened with cream and mixed with a few finely cut nut meats. Garnish with halves of cooked prunes. Serve with mayonnaise to which has been added an equal quantity of stiffly whipped cream.

CHERRY SALAD

1 pound cherries	1 tablespoon lemon juice
1 cucumber	$\frac{1}{8}$ teaspoon almond extract
$\frac{1}{2}$ cup blanched almonds	5 tablespoons sugar
$\frac{1}{2}$ cup cherry juice	

Stone the cherries, saving the juice. Pare and dice the cucumber and chop the almonds. Mix all together and chill. Serve on lettuce leaves with dressing made from fruit juices, almond extract, and sugar. Servings, 6.

CREAM CHEESE AND PINEAPPLE SALAD

1 slice pineapple	$\frac{1}{2}$ teaspoon chopped chives
Lettuce	Pimiento
1 tablespoon cream cheese	

Place pineapple on heart leaves of lettuce. Mix cheese with chives. Shape into a ball with butter paddles. Arrange ball in centre of pineapple, garnish with pimiento cut in very thin strips. Serve with mayonnaise to which an equal quantity of whipped cream has been added. Servings, 1.

GRAPEFRUIT SURPRISE

3 small grapefruit	6 tablespoons sugar
2 bananas	6 maraschino cherries
$\frac{1}{3}$ cup celery	Mayonnaise

Wash and halve the grapefruit. Remove the pulp and mix with diced banana and celery. Refill grapefruit skins and place on lettuce leaves. Sprinkle with sugar and place a cherry on each. Mayonnaise may be served. Servings, 6.

ORANGE AND APPLE SALAD

1 head lettuce	$\frac{1}{2}$ teaspoon salt
1 bunch cress	$\frac{1}{4}$ teaspoon paprika
2 oranges	1 teaspoon powdered sugar
3 or 4 apples	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{4}$ cup fruit syrup	$\frac{1}{4}$ cup salad oil

Prepare lettuce and cress as usual. Peel oranges and separate into sections. If raw apples are used, peel them and cut in eighths; if canned ones, drain, and cut in suitable pieces. Arrange lettuce and cress on salad plates, with apple and orange. For the dressing, mix the fruit syrup with remaining ingredients, chill, and just before serving beat hard with egg-beater. Any fruit syrup that harmonizes with the salad may be used, preferably orange, apple or pineapple. Servings, 6.

ONION AND ORANGE SALAD

1 Bermuda or Spanish onion	4 oranges
Sugar	

Peel and thinly slice onion, cover with sugar and let stand ten to twelve hours. Pour off syrup and add onion to sliced or cut-up oranges. Serve with French dressing on lettuce leaves. Servings, 6.

PEACH AND APPLE SALAD

Use large, firm, ripe freestone peaches and mellow, sweet or mild apples. Pare, quarter, and cut in quarter-inch slices crosswise. Mix with cream dressing, and serve on crisp lettuce leaves.

PEANUT AND PINEAPPLE CREAM SALAD

1 cup heavy cream	½ cup fresh roasted peanuts
2 tablespoons sugar	½ teaspoon vanilla
½ teaspoon salt	6 slices pineapple

Whip cream, add sugar, salt, ground peanuts, and vanilla. Chill. Arrange pineapple on lettuce and heap dressing on top. Garnish with pieces of red cherries. Servings, 6.

PEAR SALAD

6 pears	½ cup salad dressing
2 tablespoons preserved ginger syrup	

Select ripe, juicy pears, cut in halves and remove cores. Canned pears may be used in place of fresh. Serve on lettuce with ginger syrup mixed with dressing. Servings, 6.

PRUNE SALAD

Soak prunes and cook until soft. Remove stones and fill prunes with nuts or cream cheese or both. Serve on lettuce with mayonnaise, cooked, or French dressing.

RAISIN SALAD

$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ cup walnut meats
1 cup apples	$\frac{1}{4}$ cup mayonnaise dressing
1 cup celery	

Chop raisins and add apples, celery, and nuts which have been cut in small pieces. Mix with dressing twenty minutes before serving. Chill, and serve on lettuce leaves. Servings, 6.

JELLIED SALADS

In making up a jellied salad from left-overs, remember that the proportion of the gelatine and liquid is two tablespoons of granulated gelatine to one quart of liquid.

ALMOND SALAD

$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ cup sweet cucumber pickles
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup almonds
2 tablespoons gelatine	$\frac{2}{3}$ cup crushed pineapple
1 cup pineapple juice	

If vinegar is strong dilute with part water. Pickle vinegar may be used with excellent results. Cook vinegar and sugar until it will spin a thread. Soak gelatine in pineapple juice and dissolve in hot syrup. Grind pickled cucumber through chopper, blanch and shred almonds and add pineapple. Combine mixtures, mold, and serve cold on lettuce with mayonnaise.

APPLE MINT SALAD

Core as many apples as will be needed, put them in a saucepan and cover with water. To each apple add one-half cup of sugar and two tablespoons of small red peppermint candies; boil until the water has been cooked down to a jelly, then take out the apples, placing them carefully on a plate. Pour the jelly into small fancy molds, and let harden. Place the apples on lettuce leaves with a mold of jelly on top of each. Pour a French dressing on the lettuce, or, if you prefer, use a spoonful of mayonnaise.

CRANBERRY SALAD

Place round flat molds of cranberry jelly on crisp leaves of lettuce. Spread a layer of finely chopped celery over each round of jelly. Spread salad dressing over the top, and sprinkle thickly with salted almonds which have been chopped or cut into small pieces. This is a delicious and highly attractive salad accompaniment to the meat course.

RED CHERRY SALAD

2 tablespoons gelatine	Juice of 2 oranges
$\frac{1}{4}$ cup cold water	1 pound can red cherries, pitted
Boiling water	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup celery (cut fine)	$\frac{1}{2}$ cup pecan meats

Soften gelatine in cold water and dissolve in a little boiling water. Add the other ingredients, except nuts. Add boiling water to make one quart liquid. Cool in individual molds. Serve on crisp lettuce leaves with mayonnaise. Garnish with pecan meats. Servings, 6.

FRUIT AND GINGER SALAD

2 tablespoons gelatine	2 tablespoons sugar
1 cup hot water	$\frac{1}{2}$ teaspoon salt
1 pint ginger ale	2 tablespoons Canton ginger
$\frac{1}{4}$ cup lemon juice	(chopped)

Soften gelatine in a little cold water and dissolve in boiling water. Add ginger ale, lemon juice, sugar, and salt. When partly stiffened stir in the chopped ginger. Turn into a shallow pan. When stiff cut in squares and serve in baskets made by tying together four oblong cheese wafers. Serve with a cream dressing. It takes two pairs of hands to make the cheese baskets, one to hold them while the other ties the ribbons. Servings, 6.

JELLIED FRUIT SALAD

1 tablespoon granulated gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup canned red cherries
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ cup diced banana
1 cup fruit juice	$\frac{1}{2}$ cup grapefruit sections
	$\frac{1}{2}$ cup orange sections

Soften gelatine in cold water, add boiling water and fruit juices (one-half cup juice from the cherries, three-eighths cup orange juice, and two tablespoons lemon juice makes a good combination). Any canned or fresh juice may be used. Add sugar. The exact amount will depend upon the combination of fruit juices used. Stir until sugar is dissolved and let mixture stand until it begins to stiffen. Stir in fruit and turn into a mold. Serve on lettuce with mayonnaise to which whipped cream has been added or with Fruit Salad Dressing (see page 297). Servings, 6.

KENTUCKY SALAD

4 tablespoons gelatine	3 tablespoons tarragon vinegar
3/4 cup cold water	3 tablespoons lemon juice
3/4 cup boiling water	Few grains salt
3/4 cup sugar	1 1/4 cups 1/4-inch cubes cucumber
3/4 cup vinegar	1 1/4 cups 1/4-inch cubes pineapple
2 cups pineapple juice	

Soak gelatine in cold water and dissolve in boiling water. Then add sugar and vinegar, pineapple juice, tarragon vinegar, lemon juice and salt. When mixture begins to thicken add the cucumber and pineapple which have been chilled and drained. Pour into individual molds and chill. Turn out on lettuce leaves and arrange on a platter. Serve with cream mayonnaise dressing. Servings, 6.

PERFECTION SALAD

2 tablespoons gelatine	1/4 cup olives
1/2 cup water	1/4 cup pimiento
1/2 cup vinegar	1 cup chopped celery
1 teaspoon salt	1 cup chopped cabbage
1 teaspoon sugar	

Soften gelatine in cold water and dissolve over hot water. Add vinegar, salt and sugar. Just before it sets add olives and vegetables. Turn into square mold and chill. Cut into squares, serve on lettuce with mayonnaise dressing. Servings, 6.

WINTER SALAD

1 quart tomato	½ cup cold water
¼ cup chopped onion	½ teaspoon paprika
1 sprig parsley	2 tablespoons vinegar
2 stalks celery	1 teaspoon salt
3½ tablespoons gelatine	1 tablespoon sugar

Cook together the first four ingredients fifteen minutes after boiling begins and strain. There should be three cups. Soak the gelatine in the cold water, dissolve in the hot mixture, add remaining ingredients, and mold in any desired form. Mold with it a few peas, small pieces of green pepper and crisp celery, and one-half-inch lengths of string beans. Garnish with crisp shredded cabbage and balls of yellow cheese. Serve with French dressing. Servings, 6.

MEAT SALADS

MEAT SALAD

2 cups cold veal or pork cut fine	½ cup chopped walnuts
¾ cup finely cut celery	2 tablespoons chopped olives Mayonnaise

Mix meat, celery, nuts, and olives. Add enough mayonnaise to moisten and shape in small balls. Arrange these balls on lettuce placed on individual salad plates. Garnish with olives and mayonnaise. Servings, 6.

MOLDED CHICKEN SALAD

2 cups chicken meat	1 teaspoon salt
2 tablespoons gelatine	2 tablespoons lemon juice
2 tablespoons cold water	½ teaspoon onion extract
¾ cup boiling water or stock	1 cup heavy cream

Chop or dice chicken. Soak gelatine in cold water and dissolve in boiling water. Add salt, lemon juice, and onion extract. Add to chicken and cool. Whip cream and fold

into the chicken. Pack in ring molds and when set, turn out on a bed of crisp lettuce leaves. Fill centre with two cups of diced pickled beets. Servings, 6.

VEGETABLE SALADS

ASPARAGUS SALAD

1 can asparagus	$\frac{1}{2}$ cup ripe olives
$\frac{1}{4}$ cup mayonnaise	Dash paprika
$\frac{1}{2}$ cup whipped cream	

Arrange asparagus on lettuce. Fold mayonnaise into cream, and add olives cut not too fine. Serve this dressing on the asparagus. Dust with paprika. Servings, 4.

BEET SALAD

1 tablespoon gelatine	Pepper
1 tablespoon vinegar	1 cup chopped cooked beets
1 cup beet liquor	1 cup diced apples
2 tablespoons sugar	$\frac{1}{4}$ cup chopped walnuts
1 teaspoon salt	

Soften gelatine in vinegar and dissolve in hot beet liquor. Cool, add sugar, seasonings, beets, apples, and nuts. Mold and chill. Serve on lettuce with mayonnaise. Servings, 4.

BERMUDA SALAD

2 cups diced apples	2 tablespoons sugar
$\frac{1}{2}$ cup sliced onion	1 teaspoon salt
1 cup diced celery	$\frac{1}{8}$ teaspoon pepper
4 tablespoons vinegar	

Combine first three ingredients. Add vinegar mixed with sugar and seasonings. Chill, and serve on lettuce leaves. Servings, 6.

CARROT-BANANA SALAD

3 bananas	$\frac{1}{4}$ cup salted peanuts
2 small carrots	Salad dressing

Dice bananas. Put raw carrots and nuts through meat grinder and mix with bananas. Add salad dressing to moisten. Serve cold on lettuce leaves. Servings, 4.

CARROT RELISH SALAD

2 cups celery	1 cup carrots
2 cups cabbage	

Dice celery and cabbage. Grate carrots and add to other ingredients just before serving. Nuts may be added. Mix all together and serve cold with mayonnaise. Servings, 6.

RAW CARROT SALAD

$\frac{1}{2}$ cup onion	1 cup shredded lettuce
1 cup chopped carrots	French dressing

Put onion and carrot through meat-grinder. Add shredded lettuce and dressing and mix well. Serve cold on lettuce leaves. Servings, 4.

CHIFFONADE SALAD

1 head romaine or a few hearts of lettuce, young dandelion leaves, or other greens	4 tablespoons salad oil
1 tablespoon, each, of minced parsley, onion, and pimi- ento	2 tablespoons vinegar
	$\frac{1}{2}$ teaspoon paprika
	$\frac{1}{4}$ teaspoon salt
	1 hard-cooked egg

Wash romaine and other leaves thoroughly, using any available salad plants. Chill and arrange in salad bowl. Mix remaining ingredients except egg, chill, and just before serving beat hard with egg-beater, then add chopped egg. Pour this mixture over the salad or pass at table. Servings, 4.

COLESLAW

4 cups shredded cabbage	1 tablespoon salt
2 green peppers, chopped fine	1 tablespoon paprika
	$\frac{1}{4}$ cup vinegar

Mix all ingredients together and let stand for half an hour before serving. Servings, 6.

COLESLAW PIQUANT

1 pint shredded cabbage	Mayonnaise or French dressing
1 apple cut in "matches"	1 dozen peanuts or walnuts

Mix cabbage and apple, moisten with dressing, heap in a glass dish and sprinkle with nuts. Two tablespoons of catsup or Chili sauce may be added to the dressing. A bit of diced celery or raw tomato makes a delicious addition to the salad. The nuts may be omitted. Servings, 4.

CUCUMBER SALAD (Russian)

1½ cups diced cucumber	2 tablespoons chopped onion
2 teaspoons salt	1 tablespoon chopped green dill
2 tablespoons vinegar	½ cup sour cream
1½ cups diced red beets	

Cover cucumber cubes with two teaspoons salt, let stand one hour. Pour vinegar over cooked, diced beets, let stand one hour. Pour off water which has accumulated on cucumbers, then mix all ingredients lightly together, using salt and pepper to taste. If sour cream is not available add one tablespoon lemon juice to one-half cup sweet cream, and let stand one hour. Serve on lettuce leaves. Servings, 6.

PEANUT SALAD

1 cup salted peanuts (chopped)	1 pimiento (chopped)
1 cup cracker crumbs	½ cup mayonnaise
2 cups shredded cabbage	Salt and pepper
2 hard-cooked eggs (chopped)	

Mix all ingredients, using salt and pepper to taste. Chill and serve on lettuce leaves. Servings, 6.

PHILIPPINE SALAD

½ cup diced celery	½ green pepper, chopped fine
2 pimientos, chopped fine	Mayonnaise
1 cup chopped walnuts	

Mix ingredients well, using enough mayonnaise to moisten. Serve in shredded lettuce nests. Servings, 6.

POTATO SALAD

1 large onion	1 teaspoon sugar
1 tablespoon drippings	1 teaspoon salt
$\frac{1}{3}$ cup vinegar	3 potatoes
3 tablespoons sour cream	

Cook sliced onion in drippings until soft but not browned. Add vinegar, cream, sugar, and salt, let boil up and stir well. Potatoes should be cooked and cooled, then diced or sliced. Pour hot dressing mixture over them, cool and serve on lettuce leaves. If wanted hot, heat in double boiler without stirring. Servings, 4.

SWEET POTATO SALAD

3 cups diced cold sweet potato	$\frac{1}{4}$ cup finely chopped onion
	3 hard-cooked eggs (chopped)
$\frac{1}{4}$ cup minced sweet peppers	Salad dressing

Mix all ingredients together, using enough salad dressing to blend. Serve as salad with cold boiled ham. Servings, 6.

SPRING SALAD

1 large head lettuce	2 tablespoons Roquefort cheese
1 bunch, each, of cress, radishes, young onions	$\frac{1}{2}$ cup French dressing

Chill and shake the lettuce and cress dry. Arrange on salad plates. Slice radishes and onions very thin and arrange prettily. Cream the cheese, mixing it with French dressing. Pour over salad as served. Servings, 6.

TOMATO AND COTTAGE CHEESE SALAD

4 tomatoes	Mayonnaise
1 cup cottage cheese	$\frac{1}{4}$ cup chopped sour pickles

Select ripe tomatoes of even size. Peel and chill. Make three slashes part way through the top of tomato. Fill incisions with cottage cheese which has been highly seasoned. Chill, and serve on lettuce with mayonnaise dressing to which the pickle has been added. Servings, 4.

STUFFED TOMATO SALAD

4 large tomatoes	4 tablespoons whipped cream
4 slices pineapple	Heart of lettuce
3 tablespoons mayonnaise	
dressing	

Cut slice off stem end of tomatoes. Scoop out centres. Place on lettuce, fill with diced pineapple and put a tablespoon of dressing on each. Mix the mayonnaise with the cream for dressing. Servings, 4.

VEGETABLE SALAD

1 cup diced beets	2 ripe tomatoes or
1 cup kidney beans	1 cup tomato jelly
1 cup diced celery	½ cup French dressing

Combine vegetables with French dressing and let stand several hours to marinate. Serve on crisp lettuce leaves. If tomato jelly is used, cut into cubes but do not add until just ready to serve. Onion may be added. Servings, 6.

WHITE SALAD

1 quart cabbage (chopped)	2 cups marshmallows
2 cups almonds	

Chop cabbage very fine. Chop almonds. Cut marshmallows in small pieces. Mix and serve with a whipped cream dressing. Servings, 8.

SALAD DRESSINGS

Facts to Remember about Salad Dressings

There are three types of salad dressing in common use — French, mayonnaise and boiled. Most of the others are simply variants of these foundations.

French dressing is simply a mixture of oil, acid and seasonings thoroughly blended by beating.

Mayonnaise is another uncooked dressing. It contains the same ingredients as French dressing and, in addition, egg to give it body. Mayonnaise is a rich dressing and should be used sparingly.

Difficulty frequently arises in making mayonnaise, because the ingredients tend to separate instead of blending into a smooth thick dressing. If this curdling does occur, there are various ways of remedying the condition. The simplest is to take a very little cold water (not more than half a teaspoonful) and add to it the mixture drop by drop, beating vigorously. A fork is effective for beating when working with a small quantity like this. A small amount of egg white may be used in the same way in place of the water, or the dressing may be made over by starting with another egg yolk and adding the original mixture to it very gradually.

The so-called boiled dressings are not actually boiled, but cooked below the boiling point like a soft custard. They consist of a liquid, usually milk, thickened with egg or starch or a combination of both and seasoned highly. The secret of making a cooked dressing without having it curdle lies in having the acid and the foundation mixture both hot or both cold when they are mixed. Like a custard, a boiled dressing made with egg must not be cooked too long nor at too high a temperature. Vigorous beating will sometimes make a curdled boiled dressing smooth again.

For delicate salads, lemon juice is often preferred in place of vinegar in the dressing. To mayonnaise or boiled dressing an equal quantity of whipped cream may be added.

ARCADY DRESSING

2 cups milk	1½ teaspoons salt
2½ tablespoons cornstarch	¾ teaspoon mustard
2 egg yolks	¼ cup vinegar
¼ cup sugar	3 tablespoons salad oil

Heat the milk in the top of the double boiler. Add the cornstarch and cook twenty minutes. Pour mixture slowly

over beaten egg yolks, which have been mixed with the sugar, salt, and mustard. Cook as you would custard. Remove from the fire when it is thick enough to coat the spoon. Beat in the vinegar and oil with egg-beater.

ARCOLA DRESSING

2 egg yolks	4 tablespoons lemon juice
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ cup cream (whipped)
1 tablespoon sugar	

Beat yolks, add honey, sugar, and lemon juice. Cook five minutes and cool. Add whipped cream just before serving.

BOILED SALAD DRESSING NO. 1

2 tablespoons butter	Few grains cayenne
2 tablespoons sugar	1 cup milk
2 tablespoons flour	$\frac{1}{2}$ cup vinegar
1 teaspoon mustard	2 egg yolks

Melt butter, add flour mixed with other dry ingredients and blend thoroughly. Add milk slowly and cook until thickened. Add hot vinegar. Pour on to beaten yolks and cook three minutes.

BOILED SALAD DRESSING NO. 2

6 tablespoons flour	2 eggs
$1\frac{1}{2}$ teaspoons mustard	$1\frac{1}{2}$ cups weak vinegar
1 tablespoon salt	1 tablespoon onion juice
2 tablespoons sugar	2 tablespoons butter
2 cups milk	

Mix together the dry ingredients and combine with the hot milk, beating to prevent lumping. Cook until thick, add beaten eggs and five minutes later the hot vinegar, onion juice, and butter. Cook a few minutes longer. Remove from heat and chill. Can and seal. This will keep for some time.

CABBAGE SALAD DRESSING

1 cup vinegar	1 teaspoon salt
1 tablespoon butter	1 teaspoon mustard
2 tablespoons sugar	$\frac{1}{4}$ teaspoon pepper
2 tablespoons flour	

If vinegar is very strong dilute with water. Scald vinegar and melt butter in it. Mix other ingredients, add hot vinegar, and cook five minutes over flame. Pour hot over shredded cabbage.

CALIFORNIA SALAD DRESSING

1 cup whipped cream	$\frac{1}{2}$ cup chopped walnut meats
$\frac{1}{2}$ cup chopped ripe olives	1 cup mayonnaise

Fold cream, olives, and nuts into the mayonnaise.

CALIFORNIA SUNSHINE DRESSING

$\frac{1}{2}$ cup juice from canned pineapple	2 teaspoons cornstarch
$\frac{1}{4}$ cup orange juice	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup lemon juice	1 egg yolk
2 teaspoons sugar	1 teaspoon salad oil
	Whipped cream

Mix fruit juices and heat. Add sugar, cornstarch, and salt, and cook fifteen minutes in the top of the double boiler. Add egg yolk and cook as custard. Remove from the fire, add salad oil, and beat vigorously. Blend with an equal quantity of stiffly whipped cream, and serve with fruit salad.

CREAM DRESSING NO. 1

$\frac{1}{2}$ cup thick sour cream	1 teaspoon salt
2 tablespoons lemon juice	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon mustard	1 teaspoon sugar

Beat cream, lemon juice, seasonings, and sugar together until thick. Chill and serve.

CREAM DRESSING NO. 2

2 tablespoons butter	$\frac{1}{4}$ cup sugar
4 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups evaporated milk	2 tablespoons lemon juice

Melt butter, add flour, and mix to a smooth paste. Add milk and cook until thick. Add other ingredients, beat well, and chill. This is a delicious dressing for fruit salad.

CREAM DRESSING NO. 3

1 teaspoon mustard	Speck cayenne
1 teaspoon salt	1 teaspoon butter
2 teaspoons flour	1/3 cup vinegar
1 1/2 teaspoons confectioners' sugar	1 egg yolk
	1/2 cup heavy cream

Mix dry ingredients. Add butter and vinegar. Cook until thick, stirring constantly. Add egg yolk and cook one minute. Cool, and add cream which has been stiffly beaten.

EGGLESS SALAD DRESSING

2/3 cup vinegar	1 tablespoon flour
1/2 cup water	1/2 teaspoon white pepper
1/2 cup sugar	1 teaspoon mustard
1 tablespoon butter	1 teaspoon salt

Mix all ingredients and cook over fire until thick. When using, add two tablespoons of dressing to one-half cup of sweet cream. Or it may all be mixed with slightly sour cream, and sealed in small jars.

FRENCH DRESSING NO. 1

6 tablespoons salad oil	1/2 teaspoon sugar
2 tablespoons vinegar	1/4 teaspoon paprika
1/2 teaspoon salt	Dash of cayenne

To oil and vinegar add dry ingredients, and beat until thick. For variety Chili sauce may be added.

FRENCH DRESSING NO. 2

1/2 cup vinegar	Speck cayenne
1 cup oil	1 teaspoon sugar
1 1/2 teaspoons salt	1/2 teaspoon onion juice
1/4 teaspoon pepper	1/2 teaspoon mustard

Put all ingredients in a tall bottle, tightly cork and shake vigorously three minutes. Chill, and shake well before serving.

CREAM FRENCH DRESSING

$\frac{3}{4}$ teaspoon salt	3 tablespoons lemon juice or white vinegar
$\frac{1}{4}$ teaspoon paprika	
6 tablespoons salad oil	4 tablespoons heavy cream

Mix ingredients and beat with egg-beater until creamy. Serve at once.

FRUIT SALAD DRESSING

$\frac{1}{4}$ teaspoon mustard	1 egg
1 teaspoon salt	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{2}$ cup milk
1 tablespoon strained honey	1 cup heavy cream

Mix mustard, salt, and paprika, add strained honey and egg slightly beaten. Add lemon juice, and pour on milk slowly, stirring constantly. Cook in double boiler until thick, stirring all the time. Cool, and fold in cream which has been beaten until stiff.

GROTTO DRESSING

$\frac{1}{4}$ cup onion	2 tablespoons pimiento
2 tablespoons green peppers	$\frac{1}{2}$ cup mayonnaise
$\frac{1}{4}$ cup dill pickle	$\frac{1}{4}$ cup Chili sauce
$\frac{1}{4}$ cup celery	$\frac{1}{4}$ cup tomato catsup

The vegetables should be chopped or minced fine before measuring. Mix, and add to mayonnaise, with Chili sauce, and catsup. Chill before serving.

HOLLAND CHEESE DRESSING

(For Green Salad)

4 tablespoons salad oil	1 teaspoon Worcestershire sauce
1 teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ cup grated American cheese
2 tablespoons vinegar	

Mix ingredients in order given and stir thoroughly.

MAYONNAISE (Acidulated Gelatine)

1 teaspoon gelatine	2 egg yolks
1 teaspoon mustard	2 cups salad oil
1 teaspoon salt	1 lemon (juice)
Cayenne	

Soften gelatine in one tablespoon cold water, and dissolve over boiling water. Mix seasonings with beaten egg yolks, and add dissolved gelatine. Add oil gradually, beating constantly. As mixture thickens thin with lemon juice.

MAYONNAISE NO. 1

$\frac{1}{2}$ teaspoon salt	1 egg yolk
$\frac{1}{2}$ teaspoon powdered sugar	2 tablespoons vinegar or lemon juice
$\frac{1}{2}$ teaspoon mustard	
$\frac{1}{4}$ teaspoon paprika	1 cup salad oil

Mix dry ingredients, add egg yolk and blend thoroughly. Add one teaspoon of the vinegar. Add oil very slowly, beating all the time. After one-quarter cup of oil has been used, the rest may be added more rapidly. Thin with the vinegar, or lemon as necessary.

MAYONNAISE NO. 2

1 teaspoon salt	$\frac{1}{2}$ teaspoon sugar
1 teaspoon mustard	1 whole egg
$\frac{1}{4}$ teaspoon paprika	2 cups salad oil
Speck pepper	$\frac{1}{4}$ cup vinegar or lemon juice

Mix dry ingredients and add to egg. Slightly beat the egg with a fork in a shallow dish, and add oil a few drops at a time until it is well started. Then turn into a deep dish, and use an egg-beater, adding the oil quite quickly. Use the vinegar to thin with until all is used. More oil may be beaten in if desired. Seasonings may be added to suit the taste.

FRUIT MAYONNAISE

$\frac{1}{2}$ cup salad oil	$\frac{1}{2}$ teaspoon salt
3 tablespoons pineapple juice	1 egg yolk
2 tablespoons lemon juice	2 tablespoons honey
1 tablespoon orange juice	Whipped cream
$\frac{1}{8}$ teaspoon mustard	

Beat the oil and fruit juices gradually, into the well-mixed seasonings, egg yolk, and honey. This will be thinner than ordinary mayonnaise, because of the larger proportion of fruit juices.

Mix with an equal quantity of stiffly whipped cream and serve with fruit salad.

If you have no honey on hand a sugar syrup may be substituted. Make it by using equal quantities of sugar and water, and boiling for a minute or two on the stove, watching carefully, since the quantity is so small. Do not stir while it is boiling.

This dressing is also delicious when served with a chicken salad, or a lobster salad which contains a few pieces of pineapple.

ONE-MINUTE MAYONNAISE

1 egg	2 tablespoons lemon juice or vinegar
½ teaspoon mustard	Speck cayenne
½ teaspoon salt	1 pint salad oil

Break egg in a bowl. Add mustard, salt, lemon juice, and cayenne. Beat together a few seconds. Add oil slowly, beating constantly.

PIMENTO DRESSING

2 tablespoons pimiento cheese	½ cup salad oil
2 tablespoons butter	1 tablespoon vinegar or lemon juice
¼ teaspoon paprika	

Cream cheese and butter thoroughly, adding paprika, then add salad oil and vinegar alternately, and very slowly, beating with fork, or egg whip constantly. If sealed in glasses this dressing will keep for some time, and will be just as creamy as when first made.

ROQUEFORT CHEESE DRESSING

This may be made by adding two tablespoons of grated Roquefort to a cup of French dressing.

SALAD DRESSING

¾ cup milk	1 egg
2 teaspoons butter	Salt
½ cup vinegar	Mustard

Heat milk. Add the butter, vinegar, beaten egg, and seasoning. Cook until consistency of a custard, stirring constantly. This will keep a long time in a cool place.

SOUR CREAM DRESSING

2 teaspoons sugar	1 egg
1 teaspoon salt	1 cup sour cream
$\frac{1}{2}$ teaspoon mustard	3 tablespoons vinegar
$\frac{1}{2}$ teaspoon paprika	

Mix dry ingredients, add egg slightly beaten, sour cream, and vinegar. Cook in double boiler until thickened, stirring constantly.

SOUR MILK OR BUTTERMILK SALAD DRESSING

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{4}$ cup sugar	2 eggs
4 tablespoons flour	1 $\frac{1}{2}$ cups sour milk or buttermilk
2 teaspoons salt	$\frac{3}{4}$ cup weak vinegar

Melt the butter, add the sugar, flour, and seasonings. Add beaten eggs and the milk and stir over hot water until thick, then add the vinegar, slowly, stirring constantly until it thickens again. Remove from the heat, chill and serve.

THOUSAND ISLAND DRESSING NO. 1

1 tablespoon minced onion	1 tablespoon minced chives
1 tablespoon minced dill	1 tablespoon minced pimiento
pickle	1 tablespoon minced parsley
1 tablespoon minced beets	1 cup mayonnaise dressing
1 tablespoon minced hard-	2 tablespoons Chili sauce
cooked egg	$\frac{1}{2}$ teaspoon Worcestershire
	sauce

Add the minced ingredients to the mayonnaise, with the seasonings, and let stand ten minutes or more to ripen. Chill before serving.

THOUSAND ISLAND DRESSING NO. 2

$\frac{1}{2}$ cup canned tomato soup	3 tablespoons finely chopped
$\frac{1}{4}$ cup whipped cream	sour pickle
1 teaspoon vinegar	2 tablespoons finely chopped
$\frac{1}{4}$ teaspoon salt	olives
	Few drops onion juice

Have soup (undiluted) very cold, and fold in whipped cream. Add vinegar, salt, pickles, olives, and onion juice. Mix well. Serve on lettuce hearts.

WHIPPED CREAM DRESSING

$\frac{1}{2}$ cup sugar	2 lemons (juice)
1 teaspoon flour	2 egg whites
2 tablespoons vinegar	2 cups whipped cream

Mix sugar, flour, vinegar, and lemon juice. Cook in double boiler until thick. Fold in egg whites, which have been beaten stiff. When cool, add the whipped cream.

WOLCOTTVILLE DRESSING

$\frac{1}{2}$ teaspoon salt	2 tablespoons evaporated milk
$\frac{1}{2}$ teaspoon sugar	1 cup salad oil
$\frac{1}{4}$ teaspoon mustard	2 tablespoons vinegar or lemon juice

Add seasonings to milk and stir until smooth. Beat in oil gradually. Add acid. Beat vigorously, as the mixture thickens rapidly.

SANDWICHES

The variety that is possible in sandwiches is almost unlimited, but in general they may be divided into three classes—lunch box or picnic sandwiches, whole-meal sandwiches and afternoon tea sandwiches.

Sandwiches usually form an important part of the lunch box or picnic meal. Fillings should be selected which give adequate food value and sufficient variety to appeal to the appetite. The keeping quality is also a consideration. Vegetables that wilt quickly, and semi-liquid mixtures that soak into the bread should be avoided.

A whole-meal sandwich should be sufficiently hearty to make a whole course at luncheon or supper. Salad sandwiches, meat sandwiches served with hot gravy, and club sandwiches fall into this class. Sandwiches made from toast instead of plain bread are often used.

For the afternoon tea sandwich, slices of bread with the crust removed and of wafer-like thinness are essential. Fancy cutters have their place here. The open sandwich, a single slice of bread spread with filling and attractively garnished, may be used for variety.

The canapé is really an open sandwich served as the first course at dinner. Highly seasoned fillings are used and the bread is usually sautéed in butter or toasted.

Yeast bread for sandwich making should be at least twenty-four hours old. Quick bread may be used when it is less than twenty-four hours old if it is quite cold and is firm in texture.

The bread should always be cut in even slices never more than a quarter of an inch thick. If the loaves are of uniform shape, and if the crust is not hard nor too dark in color, it is not necessary to remove the crusts from sandwiches except for special occasions.

The butter should be creamed until very soft, but it never should be melted. The slices of bread should be buttered in the order in which they are cut and kept in pairs so that they will fit together evenly. They should be buttered to the very edges.

Filling should be used generously and spread evenly. The ingredients should be chopped fine enough to make a smooth filling. Fillings should be spread to cover the bread completely. Sliced meats and vegetables should be trimmed to correspond to the shape of the sandwich.

Sandwiches which are to be kept any length of time should be wrapped in a cloth wrung very dry from cold water. For the lunch box, sandwiches should be wrapped in waxed paper. It is best to keep sandwiches with different fillings separate from one another.

APPLE SANDWICHES

2 ripe apples

1 sweet pepper

2 stalks celery

Chop ingredients fine, and mix together with a little mayonnaise dressing. Spread between thin slices of buttered bread and garnish with a sprig of watercress. 6 sandwiches.

CREAM CHEESE AND NUT SANDWICHES

3 ounces chopped nuts

3 tablespoons French Dressing

3 cream cheeses

Mix nuts, cheeses, and dressing and spread between thin slices of bread. 18 sandwiches.

EGG AND WATERCRESS SANDWICHES

4 hard-cooked eggs

½ cup mayonnaise

1 bunch watercress

Salt, pepper, paprika

Chop egg and cress very fine, mix to a paste with mayonnaise, and season to taste. Spread on thin buttered slices of entire wheat bread. Cut any shape desired. 9 sandwiches.

GUAVA SANDWICHES

¾ cup cream cheese

¼ cup salted almonds, chopped

2 tablespoons cream

Guava jelly

Mash cheese, soften with cream, and add chopped nuts. Spread on thinly sliced bread, cover with a thin layer of Guava jelly, and make into sandwiches. Cut fancy shapes from thin slices of the jelly and place one on each sandwich. 8 sandwiches.

HONDURAS SANDWICH

Cut slices of bread thin and remove the crusts; between each of the two slices of bread put some leaves from the heart of a head of lettuce, two slices of tomato, and three or four slices of cucumber. Then add two or three thinly cut pieces

of pineapple. Top the sandwich with a small spoonful of Fruit Salad Dressing (see page 297).

HOT HAM SANDWICH

1 cup minced ham	1 teaspoon prepared mustard
2 eggs	12 slices toast

Mix ham, eggs, and mustard. Sauté ham mixture by spoonfuls, making a thin cake to fit a slice of toast. Place between pieces of hot buttered toast, cut diagonally, and serve hot. Servings, 6.

HOT LETTUCE SANDWICH

Spread two slices of bread with bacon fat. Brown in a skillet. When done, quickly dip a few leaves of lettuce or dandelion in vinegar. Sprinkle with minced onion and lay between slices of toasted bread. Serve immediately.

LUNCHEON CANAPÉS

6 slices toast	6 eggs
3 tablespoons anchovy paste	2 cups tomato sauce or white sauce

Cut toast in rounds and spread with anchovy paste. Poach eggs and place one on each slice of toast. Serve with Tomato Sauce or White Sauce (see pages 239, 240). Servings, 6.

PEANUT SANDWICHES

1 cup crushed pineapple	½ cup peanut butter
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Mix pineapple with peanut butter. Spread on slices of bread. 8 sandwiches.

ORANGE SANDWICHES

1 cup powdered sugar	1 cup crystallized orange peel
1 tablespoon orange juice	

Moisten sugar with orange juice, add finely cut crystallized orange peel. Spread thinly cut slices of bread with creamed

butter, and then with the mixture. Combine slices to make sandwiches. 6 sandwiches.

RAREBIT SANDWICHES

1 tablespoon butter	½ teaspoon salt
1 cup American cheese, finely cut	Dash paprika
1 teaspoon dry mustard	Chutney sauce

Melt butter and cheese, add mustard, salt, and paprika. When smooth put two tablespoons on a buttered slice of bread. Spread with Chutney sauce, and cover with another slice. Press slices together tightly, and dip in batter made from one beaten egg, and one cup of milk. Sauté in butter and serve hot with Ginger Ale.

TOASTED LUNCHEON SANDWICHES

Spread slices of bread with butter, and prepared mustard, or the mustard alone. Place between two slices thin strips of American cheese. Cut in halves either as triangles or oblongs, toast on both sides and serve at once.

SANDWICH FILLINGS

Mix equal quantities of Neufchatel cheese and chopped olives. Season with salt and pepper and moisten with mayonnaise.

Mix equal quantities of cream cheese and chopped olives. Season with paprika and salt.

Mix equal quantities of cream cheese and grape jam.

Mix one cup of chopped chicken with one-half cup of walnuts.

Sweeten almond paste with powdered sugar, season with salt, and moisten with cream. Serve on unsalted crackers.

Chop one large Spanish onion and mix with hot mayonnaise dressing. Season with salt.

Chop two sweet green peppers, two sweet pickles, and two hard-cooked eggs. Mix with mayonnaise and season with salt.

Mix equal quantities of peanut butter and chopped celery. Spread on white bread.

Chop preserved figs and moisten with lemon juice. Spread on graham or whole wheat bread.

Combine equal quantities of peanut butter and mild cheese. Spread between slices of white and brown bread.

Cream a pimiento cheese, and put between one slice of brown and one of white bread.

Mix together one cup chopped celery, one tablespoon of walnuts, and six olives. Use as a filling for dark breads.

Cook one cup of chopped raisins until soft. Add one cup of chopped celery, and moisten with one teaspoon of lemon juice and mayonnaise.

MOCK PÂTÉ DE FOIE GRAS

Cook a calf's liver in salted water until very tender. Grind in a meat-cutter. Moisten with melted butter. Work into a paste with —

$\frac{1}{4}$ teaspoon cayenne or
 $\frac{1}{2}$ teaspoon black or white
 pepper
 $\frac{1}{2}$ teaspoon ground nutmeg
 Speck clove
 1 teaspoon Worcestershire
 sauce

1 teaspoon prepared mustard
 Salt to taste
 1 tablespoon of the water in
 which a minced onion
 has been boiled

Pack into jars that have been buttered, cover with melted butter, and set aside to be used for sandwich filling, or to serve on biscuit or crackers for afternoon tea.

PEANUT BUTTER SANDWICH FILLING

8 slices bacon	$\frac{1}{2}$ cup peanut butter
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Broil bacon until crisp. Grind. Mix with peanut butter. 6 sandwiches.

SANDWICH FILLING

1 cup peanut butter	$1\frac{1}{2}$ cups chopped raisins
$1\frac{3}{4}$ cups blackberry jam or jelly	1 cup pecan or almond meats (chopped)

Mix all ingredients thoroughly. 25 sandwiches.

SANDWICH FILLING PIQUANT

1 cup cucumber or new cab- bage	4 tablespoons sweet pepper Cayenne
1/2 cup onion	

Chop cucumber moderately fine, mix with minced onion, sweet pepper, and cayenne. Use at once, or, if allowed to stand before using, drain off accumulated water.

SPRING SANDWICH FILLING

1 cup green pepper	1 cup pimiento cheese, or
1/3 cup onion (Spanish or Bermuda)	1 cup cottage cheese, and
1 teaspoon salt	1/4 cup chopped pimiento

Put the pepper and onion through the food chopper, using fine cutter. Add with salt to the cheese, and pimiento, and mix well. 12 sandwiches.

TUNA FISH AND MUSTARD PICKLE SANDWICH FILLING

1 can (small size) tuna fish	Salt, pepper
1 cup mustard pickle	

Flake tuna fish very finely. Chop mustard pickle and add to fish, add salt and pepper to taste. If more liquid is needed to make a softer paste, add water. 12 sandwiches.

SOUPS

Facts to Remember about Soups

Whether soup is used in the menu as an appetizer or for its food value depends upon its nature. Clear soups like bouillon, consommé and plain meat broth have very little fuel value in themselves but they start the flow of gastric juices and help to create an appetite. Thick cream soups and purées are sufficiently nourishing to make up a substantial part of the meal.

Soup affords the housekeeper an excellent opportunity for utilizing left-overs.

Careful preparation and service is particularly important with soup. Lukewarm, greasy or poorly seasoned soup is one of the most unappetizing dishes that can be served.

Any highly seasoned, clear stock may be made into a jellied soup that appeals particularly to the appetite on a hot day. Use a little less than a tablespoon of gelatine, softened in cold water, to each pint of liquid. Jellied soup should be a little less solid than a gelatine dessert.

Fruit soups are less known to Americans, and to the conservative palate, unaccustomed to them, probably make small appeal. As a variety in the menu they recommend themselves for trial to the discriminating cook.

BLANKET RECIPE FOR FISH OR MEAT CREAM SOUPS

1 quart milk, or 2 cups milk and 2 cups white soup stock	1 cup finely minced veal or chicken
1 cup minced, canned salmon, tuna fish, flaked, canned fish or left-over whitefish of any kind, or	$\frac{1}{2}$ teaspoon onion juice $\frac{1}{8}$ teaspoon pepper Salt to taste 2 tablespoons butter 2 tablespoons flour 2 teaspoons minced parsley

Scald the milk with fish or scald stock and milk combined, with meat. Add seasonings, and in the meantime, rub together butter and flour. Add the scalded mixture gradually to this, return the whole to a double boiler, and cook until

thickened — about twenty minutes. Then add parsley. A few left-over canned peas, a little minced, cooked carrot, or some finely shredded canned string beans, or diced, cooked celery may be added if on hand. If desired, the flour may be omitted, the butter being beaten into the soup, and one-half cup of cooked brown or white rice, or farina, may be combined with a little of the soup, then stirred in to thicken.

BLANKET RECIPE FOR SOUPS OF LEGUMES

1½ cups split peas, cow peas, any kind of beans, except soy beans, or lentils	½ tablespoon sugar
2 quarts cold water	Salt and pepper to taste
½ teaspoon soda	1 pint milk
1 small onion, minced	3 tablespoons butter, or any kind meat drippings
2 tablespoons dried or ½ cup fresh celery leaves (if desired)	3 tablespoons flour

Soak the vegetables overnight in water to cover. Drain, rinse, add to the cold water with the soda, onion, celery, and sugar. Cook slowly until perfectly tender, replenishing the water to keep the amount of the liquid always about two quarts. Season to taste with salt and pepper, then rub through a sieve and add the milk. Rub together the butter and flour. Add a little of the hot mixture to this, and return to the whole amount, let boil two or three minutes, and serve. If desired, a little salt pork may be diced and cooked in the soup, or the liquid from ham, if not too salt, or corned beef, may be used instead of the cold water.

BLANKET RECIPE FOR VEGETABLE CREAM SOUPS

1½ cups vegetable pulp (made of any cooked vegetable)	½ teaspoon pepper
2 cups cold water	2 tablespoons butter
½ teaspoon onion juice	2 tablespoons flour
1 teaspoon salt	2½ cups milk

Combine the vegetable pulp and water with the seasonings, and simmer for ten or fifteen minutes. Melt the butter, stir in the flour, and gradually add the milk, stirring almost con-

stantly, and cook until thickened. Then combine it with the vegetable pulp and liquid, which may or may not be pressed through a sieve.

BROWN SOUP STOCK

4 pounds shin or shank of beef	1 cup chopped celery leaves
2 tablespoons beef drippings	$\frac{1}{4}$ cup each, chopped carrots, onions, and turnips
3½ quarts water	1 tablespoon salt
½ tablespoon pickle spice	

Cut meat from bone, brown in drippings. Add water and cracked bone, bring slowly to boiling point, cover closely and simmer about three hours. Add remaining ingredients and cracked bone, bring slowly to boiling point, cover closely, and simmer an hour. Strain. Cool uncovered and remove fat. Then heat to boiling point, stirring constantly, and let boil vigorously for five minutes. Add a little cold water, cool slightly, skim and strain.

WHITE SOUP STOCK

3½ pounds knuckle of veal	1 teaspoon salt
2½ quarts cold water	$\frac{1}{4}$ teaspoon mace
1 medium sized onion	$\frac{1}{2}$ teaspoon pickle spice
$\frac{1}{2}$ cup fresh or 2 tablespoons dried celery leaves	

Cut meat from bone in small pieces. Then add it to the water, heating gradually to boiling point. Add other ingredients, cover closely, and simmer about four hours, replenishing the water sufficiently to keep the amount of liquid two quarts. Strain, cool, and remove any fat or scum.

SOUPS, COLD

BEET SOUP

4 boiled beets	Dash of pepper
2 tablespoons butter	3 cups water
3 tablespoons flour	1 lemon (juice)
1½ teaspoons salt	Slices of lemon

Peel and chop beets. Melt butter, add flour, salt and pepper. Stir in water, add beets and boil three minutes. Add lemon juice and remove from fire. Chill and serve with a slice of lemon in each plate. Servings, 4.

FRUIT SOUP

1 cup red raspberries	Sugar
1 cup red currants	2 tablespoons cornstarch
1 quart cold water	$\frac{1}{4}$ cup cold water
$\frac{1}{2}$ lemon	Pinch nutmeg

Cover berries and currants with cold water, and bring slowly to boil. Let boil a few minutes to extract juice and strain. There should be one quart of liquid. Add juice and grated rind of lemon, and sweeten to taste. Thicken with cornstarch moistened with water. Add nutmeg. Serve hot or cold. Servings, 5.

UNCOOKED PEACH SOUP

Skin and pit twelve large ripe peaches. Slice thinly, sprinkle with sugar, and let stand one hour. To each pint of juice add a teaspoon of ground almond meats, and one-third pint of grape juice. Chill and serve. Servings, 8.

JELLIED BEEF BOUILLON

6 bouillon cubes	$\frac{1}{4}$ cup cold water
4 cups water	$\frac{1}{2}$ teaspoon lemon juice
2 tablespoons gelatine	

Dissolve bouillon cubes in the four cups of water. Combine gelatine and cold water, and let stand five minutes. Then stir into the beef bouillon, which should be boiling, and add the lemon juice. Pour into a dripping pan which has been rinsed with cold water and let stiffen. To serve, cut into cubes and pile in bouillon cups. Servings, 6.

ICED TOMATO BOUILLON

2 cups beef stock	Paprika
1 teaspoon salt	Pepper
2 cups tomato juice	Whipped cream

Boil together for fifteen minutes beef stock, salt, tomato juice, paprika, and pepper. Serve ice cold with one teaspoon of whipped cream in each cup. Servings, 5.

HOT BOUILLONS

COMMONWEALTH BOUILLON

2 tablespoons malted milk	$\frac{1}{2}$ teaspoon vegetable extract
1 cup hot water	Salt

Moisten malted milk with a little cold water. Mix hot water, vegetable extract, and salt. Combine mixtures and serve at once. A little more salt may be needed for some tastes, and a spoonful of whipped cream may be added. Servings, 1.

MINUTE BOUILLON

4 bouillon cubes	1 cup tomato juice
3 cups boiling water	Cayenne
2 drops Worcestershire sauce	Grated cheese

Dissolve cubes in water and add other ingredients except cheese. When ready to serve, add a teaspoon of grated cheese to each cup. Servings, 4.

SPINACH BOUILLON

1 quart spinach stock	Salt, paprika
2 tablespoons flour	$\frac{1}{4}$ teaspoon celery salt
1 tablespoon butter	$\frac{1}{2}$ teaspoon onion extract
$\frac{1}{4}$ cup evaporated milk or thin cream	Speck mace
	4 teaspoons lemon juice

Strain the liquid from a peck of spinach which has been cooked without the addition of any water. Blend flour and butter. Add milk gradually. Cook until it thickens and add to spinach liquid. Add seasonings. A few minutes before serving, add lemon juice. Serve very hot in bouillon cups. Servings, 4.

SPRING BOUILLON

1 quart vegetables (turnip, carrot, celery, onion)	1 teaspoon salt Speck pepper
2 tablespoons rolled oats	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{4}$ cup cream	

Cut vegetables in small pieces and cook in boiling water until tender. Strain off the liquid. There should be four cupfuls. Add rolled oats and cook in double boiler one hour. Then strain, and add cream, seasonings, and enough water to make one and one-half quarts. Serve hot. Servings, 6.

SOUPS (Hot)

CREAM SOUPS

$\frac{1}{4}$ cup butter or meat fat	2 teaspoons salt
$\frac{1}{4}$ cup flour	Vegetable pulp and stock
1 quart milk	

Melt the fat and stir it into the flour. When these are thoroughly mixed, add the cold milk and salt, and heat until the flour is cooked, stirring constantly until the milk boils. Add mashed vegetables to the thickened milk, together with enough of the water in which the vegetables were cooked, to reduce again to the consistency of the thickened milk. A desirable flavor can be obtained with as small a quantity as one-half cup of strongly flavored stock and pulp. As much as one quart of the more delicately flavored vegetables may be used. Servings, 6.

GOLDEN SOUP

$\frac{3}{4}$ cup cooked squash	3 tablespoons flour
1 pint milk	Salt, pepper
1 pint water	Onion juice
2 tablespoons butter	

Strain squash, add milk and water, and bring to boiling point. Rub butter and flour together, add to soup and

cook until thickened, stirring constantly. Season with salt, pepper, and a few drops of onion juice. Servings, 5.

LEEK OR ONION SOUP

2 small onions	1 quart boiling water
6 leeks	Rich milk
4 tablespoons fat	Salt, pepper
2 medium sized potatoes	Chopped parsley

Cut onions and leeks in small pieces, and cook in fat until slightly colored. Peel potatoes and cut in pieces, add onion mixture and water, and cook until vegetables are quite soft. Rub through purée strainer. Add enough milk to make a quart of soup, season to taste and bring to boil. Sprinkle with chopped parsley and serve at once. Servings, 5.

CREAM OF LETTUCE SOUP

1 quart chopped lettuce	2 tablespoons flour
2½ cups stock (or water)	2½ cups hot milk
2 tablespoons onion	1¾ teaspoons salt
2 tablespoons fat	⅛ teaspoon pepper

Use the coarse outside leaves of a head of lettuce for soup, reserving the heart leaves for salad. A few left-over leaves of cress, endive, or other leaves may be utilized. Chop very fine. Add stock (or water) and minced onion, and cook twenty minutes. Cream together butter, or other fat, and flour. Stir into hot milk and cook thirty minutes in double boiler. Add lettuce mixture and seasonings, bring to boil and serve at once. Servings, 6.

LIMA BEAN SOUP

1 cup dried Lima beans	3 cups milk
2 tablespoons onion	½ teaspoon Worcestershire sauce
1 stalk of cut celery	1 sprig parsley
¼ cup of butter	⅛ teaspoon pepper
2 tablespoons flour	

Cover the beans with cold water, soak overnight, and drain. Add water, cook until soft, and strain. Add onion and celery

cooked until tender. Stir melted butter and flour together until smooth, add milk, and cook thirty minutes in double boiler, stirring until perfectly smooth. Add seasonings, combine mixtures, and bring to boiling point before serving. Any white beans may be used in this way. Servings, 5.

CREAM OF PEA AND TOMATO SOUP

1 cup canned peas	1 can tomato soup
2 cups milk	Pinch of soda
1 tablespoon flour	Salt, pepper
1 tablespoon butter	

Heat peas and force through a strainer. Add hot milk, and thicken with butter and flour rubbed together. Heat tomato soup, adding a pinch of soda, and seasonings. Add to first mixture just before serving. Servings, 5.

SCALLOP SOUP

1 quart scallops	5 tablespoons flour
2 tablespoons minced onion	3 tablespoons butter
3 tablespoons pork fat	Salt and pepper to taste
1 pint water	2 tablespoons minced parsley
1 quart rich milk	

Wash scallops and chop fine. Cook onion in pork fat until it begins to turn yellow, add water and scallops, and simmer twenty minutes. Heat milk in double boiler, add flour which has been mixed smoothly with butter, and cook until thickened. Combine mixtures, add seasonings, and sprinkle with parsley. Servings, 7.

SPINACH AND ONION SOUP

1 slice bacon	1 teaspoon salt
½ cup sliced onion	Cayenne
½ cup canned spinach	1 tablespoon bacon fat
2 cups boiling water	2 tablespoons flour
2 cups milk	

Cut the bacon in small pieces and cook until crisp and brown. Pour off the fat to use later. To the bacon add the

onion, spinach, and water and cook slowly twenty minutes. Rub through a coarse strainer and add milk and seasonings. Thicken with the bacon fat and flour creamed together. Bring to the boiling point and serve. Servings, 4.

ASPARAGUS SOUP, FARINA BALLS

1 can asparagus (small)	1 tablespoon butter
4 cups water	2 tablespoons flour
2 cups stock or consommé	Scraping of onion

Cut off the tips from the canned asparagus and save. Boil the stalks in water until quite mushy, about ten minutes, press through a sieve and add more water to make three cups liquid. Add consommé or rich white stock. Thicken with butter and flour and add onion and asparagus tips. Servings, 6.

Farina Balls

2 eggs	½ cup farina
2 tablespoons butter	2 tablespoons flour

Beat eggs, add softened butter and farina mixed with flour. Let stand one hour to swell. Form into balls, drop into briskly boiling soup and cook three minutes. Season very highly, serve at once.

CHICKEN SOUP

Bones and skin of 1 chicken or fowl	2 cups milk
12 peppercorns	Scraping of onion
1 stalk celery, or	2 tablespoons flour
1 teaspoon dried celery leaves	2 tablespoons fat
	Salt
	2 egg yolks, or 1 whole egg

Boil the bones, neck, and skin of a roasted or boiled bird, with peppercorns for about an hour. Add the celery during the last twenty minutes of the boiling. Reduce the liquor to one cup. Add the milk and onion. Thicken this with two tablespoons flour rubbed with two tablespoons fat.

When seasoned to taste, pour the hot soup over the slightly beaten egg yolks. The soup is improved if each dish is garnished with a teaspoon of whipped cream. Servings, 4.

FJELSTAD SOUP

4 pounds fresh fish (haddock, mackerel, halibut or herring)	1 tablespoon salt Pepper $\frac{3}{4}$ cup asparagus tips cut in small pieces
1½ pounds veal	2 tablespoons butter
4 tablespoons butter 3 tablespoons flour	

Boil fish until cooked. Remove flesh and boil bones one-half hour more. Strain. Combine with brown stock (four cups) from the veal (made by boiling the veal one and one-half hours and letting the stock boil down to brown on the kettle, adding three cups water and letting stand one-half hour to dissolve). Melt butter, blend flour with it and add a little of the stock to dilute it. Then add this with salt and pepper to stock. Boil three minutes. When serving add to each cup a tablespoon of the asparagus, heated in the two tablespoons butter. A spoonful of whipped cream with a dash of paprika is a delicious addition. Servings, 6.

CREOLE OXTAIL SOUP

2 tablespoons fat	2 quarts boiling water
½ cup chopped turnips	3 tablespoons barley
½ cup chopped carrots	1 tablespoon salt
½ pound lean ham or lean beef	½ teaspoon pepper
1 oxtail	½ cup chopped celery
2 cloves	1 cup chopped onion
1 tablespoon flour	1 tablespoon minced parsley

Put fat into a pan and when hot add turnip, carrot, ham, or beef chopped fine, and oxtail cut up. Cook until brown. Add cloves and flour, toss about until all are coated. Add the water, washed barley, one tablespoon salt, and a little pepper. Add celery, onion, and parsley. Simmer three to four hours. If necessary, add water. Servings, 10.

RED BRIDGE SOUP

1 can tomato soup	$\frac{1}{4}$ teaspoon soda
1 can celery soup	2 teaspoons very finely minced
1½ cups milk	onion

Heat the soup and milk in separate kettles. In the soup put the soda and minced onion. Just before serving combine the soup and milk. If the soup is for more than four people or if a less rich soup is wanted, vary the recipe by adding:

2 cups water	2 tablespoons butter
2 tablespoons flour	

RHUBARB SOUP

6 stalks rhubarb	Salt, pepper
1 quart veal stock	2 thin slices bread
1 small onion	

Cut rhubarb in small pieces. Put into veal stock, add onion, salt and pepper, and bread. Let liquor boil, remove scum as it rises, and simmer soup gently until rhubarb is tender. Strain and serve with toasted bread. Servings, 6.

SCOTCH SOUP

1½ cups stock from lamb bones	2 whole cloves
2 cups strained tomato	4 peppercorns
1½ teaspoons barley	Salt, pepper
1 small carrot	Celery salt
	Water

The stock is prepared by boiling the bones from the forequarter about three hours. Remove all meat and boil bones again ten minutes. Strain, cool and remove fat. Cook tomato, barley, carrot, and seasonings until barley is cooked. The cloves, peppercorns, and two onions may be cooked with the bones and strained out. Add water to make one quart when ready to serve. Season to taste and serve hot in bouillon cups. Servings, 6.

VEGETABLE SOUP

$\frac{1}{2}$ cup chopped carrot	2 cups cut potato
$\frac{1}{2}$ cup chopped turnip	3 pints boiling water
$\frac{3}{4}$ cup chopped celery	2 tablespoons finely chopped
$\frac{1}{2}$ cup chopped onion	parsley
$\frac{1}{2}$ cup butter	Salt and pepper to taste

Wash and peel vegetables, and chop coarsely or cut in small pieces; the latter is the better method for potatoes and celery. Measure vegetables after cutting. Mix carrot, turnip, celery, and onion, and cook in butter ten minutes or until butter is absorbed, and vegetables are turning yellow. Add potatoes and water and cook until the vegetables are soft. Add parsley, salt, pepper, and enough water to make two and one-half quarts. Servings, 12.

VIRGINIA VEGETABLE SOUP

$\frac{1}{2}$ cup diced carrot	2 quarts pork soup stock
$\frac{1}{2}$ cup diced onion	1 cup chopped meat
$\frac{1}{2}$ cup diced turnip	$\frac{1}{2}$ cup cooked navy or Lima beans
$\frac{1}{2}$ cup diced potato	1 teaspoon salt
$\frac{1}{2}$ cup diced celery	1 teaspoon sugar
2 tablespoons diced sweet pepper	Speck pepper
$\frac{1}{2}$ cup canned tomato, puree, or sauce	Speck cayenne

Simmer raw vegetables in stock until tender, about one and one-half hours. Add meat, cooked beans, and seasonings. Cook fifteen minutes longer. Servings, 10.

WATERCRESS SOUP

1 quart chopped cress	2 tablespoons flour
1 quart stock	3 tablespoons butter
1 cup rich milk	$\frac{1}{2}$ tablespoon salt
Scraping of 1 onion	Pepper and nutmeg to taste

Wash cress thoroughly, and chop fine without removing stems. Mix cress and stock, cook about thirty minutes and rub through purée strainer. Add hot milk, onion, and flour which has been mixed with fat, and seasonings. Bring to boil and cook two minutes. Servings, 5.

CHOWDERS

CORN CHOWDER

$\frac{1}{4}$ pound fat salt pork	1 quart scalded milk
1 onion (sliced)	Salt, pepper
4 cups sliced potatoes	8 common crackers or squares
1 can corn	of toast

Cut pork in small pieces and try out, add onions and cook five minutes, stirring often that onion may not burn. Parboil potatoes five minutes in boiling water to cover, and drain. Add potatoes to fat, cook until potatoes are soft, add corn and milk, and heat to boiling point. Season with salt and pepper. Add the crackers or toast soaked in enough milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top. Servings, 5.

MUSHROOM CHOWDER

$\frac{1}{2}$ cup kidney beans	1 cup stock
$\frac{1}{2}$ cup diced potato	$\frac{1}{2}$ cup cream or milk
$\frac{1}{2}$ cup diced celery	Clove and allspice to taste
$\frac{1}{2}$ cup diced mushrooms	Salt, pepper

Soak beans overnight. Cook until half done. Add vegetables and stock and finish cooking. Add cream and seasonings. Serve hot in soup plates. Servings, 4.

POTATO CHOWDER

4 potatoes	3 cups milk
1 slice fat salt pork	1 tablespoon butter
1 good sized onion	1 tablespoon flour
Pepper, salt, celery salt	

Pare potatoes, cut through lengthwise in both directions, making the cuts a third of an inch apart, and then slice thinly across. Put into cold water. Dice pork, put into a deep saucepan, and cook until brown. Mince onion and add to pork, together with potatoes. Add a little pepper and celery salt, and a teaspoon of salt. Cover with boiling water and simmer until vegetables are tender. Heat milk and add

to vegetables. Rub butter and flour together, and thicken chowder with it. Servings, 4.

SALMON CHOWDER

3 ounces salt pork	3 tablespoons flour
3 tablespoons onion	3 tablespoons fat
3 cups boiling water	1 one-pound can salmon
3 cups diced potato	Salt to taste
3 cups hot milk	1/8 teaspoon paprika

Cut pork in very small dice, cook slightly, add sliced or chopped onion and cook slowly five minutes. Add water and potato and cook together twenty minutes or until soft. Heat milk in double boiler, and thicken with flour which has been mixed with an equal amount of salt pork fat, and cook twenty minutes or more. Separate salmon into small pieces, remove skin and bones, and add to milk mixture. Combine mixtures, season, and serve. Servings, 7.

TOMATO-CORN CHOWDER

1/2 cup salt pork, cut fine	2 tablespoons flour
1 medium sized onion	2 tablespoons cold water
1 medium sized potato	1 1/2 cups canned tomato
2 cups boiling water	1 teaspoon sugar
2 cups canned corn	1/8 teaspoon soda
2 cups milk	Salt, pepper

Cook pork until slightly browned and remove pieces from the fat. Slice onion and cook in fat for three minutes. Add potatoes, cut in small pieces, and boiling water. Simmer until potatoes are soft. Add corn and milk and bring to boiling point. Thicken with flour which has been blended with cold water. Heat tomatoes, add sugar and soda, and add to chowder. Add cooked pork. Season to taste with salt and pepper. Servings, 8.

VEGETABLE CHOWDER

1/2 cup Lima beans	1 1/2 quarts water
1/4 cup barley	1 cup vegetables, left-over
1/4 cup hulled corn	1 cup brown gravy

Soak Lima beans, barley, and hulled corn overnight in the one and one-half quarts of water. Cook two hours or until vegetables are tender. Add left-over vegetables, brown gravy, and any pieces of diced meat, one-half hour before serving. Season well and serve very hot. If too thick more stock or water may be added. Servings, 6.

VEGETABLES

Facts to Remember about Vegetable Cookery

Vegetables provide some fuel in the shape of sugar and starch and have in addition valuable mineral content, necessary vitamines, and enough indigestible residue to provide roughage.

All vegetables should be carefully washed before cooking. A small brush is convenient for cleaning the root vegetables.

Vegetables that grow in the form of heads, like cabbage, cauliflower and Brussels sprouts, should be allowed to stand half an hour in salt water to draw out any insects that may be lodged in them.

Wilted vegetables may be made fresh and crisp by placing them for a short time in cold water.

Much of the mineral matter in vegetables lies near the skin. For this reason, as thin a paring as possible should be removed. It is often practical to cook vegetables in their skins.

Any vegetable may be cooked by boiling. By this method some of the flavor and nutritive material is drawn out and dissolved in the water. To preserve it, a small quantity of water should be used so that it can be served with the vegetable, or the water should be utilized in soups or sauces. In the case of a strong flavored vegetable, a large amount of water may be used because a more delicate flavor is desirable.

Steaming is also suitable for all vegetables and insures against loss of flavor and nutritive value.

Many vegetables, particularly the starchy ones, develop delicious flavor by baking. By this method, too, the nutritive value is retained.

Some vegetables such as egg-plant, summer squash and parsnips are cooked successfully by frying or sautéing. This method adds fat and improves flavor.

Salt tends to harden the fiber and to draw out the flavor. It is therefore best to add salt to vegetables near the end of the cooking period.

Any record of cooking time is only a general guide. The time varies according to the age and quality of the vegetable.

Over-cooking often develops unpleasant flavors in vegetables and gives them an unattractive color.

ASPARAGUS CROQUETTES

1½ cups asparagus pulp
1½ cups crumbs
1 egg

Salt, pepper
1 teaspoon onion, grated

The inner pulp from the tough ends of asparagus may be utilized here. Boil until soft, scrape pulp free from tough outer skin. Add crumbs, egg, and seasonings. Let stand one hour or more for crumbs to swell. Then form into small balls, and roll in fine crumbs, in egg, and in crumbs again. Fry in deep fat. Serve with White Sauce (see page 240). Time in cooking, 3 minutes for each croquette. Temperature of fat, 370°. Servings, 6.

ASPARAGUS MAÎTRE D'HÔTEL

1 can asparagus tips	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{8}$ teaspoon paprika
1 tablespoon lemon juice	1 tablespoon chopped parsley

Heat asparagus. Cream butter, add lemon juice, seasonings, and parsley. Put on asparagus and let butter melt. Serve on thin slices of toast. Servings, 4.

ASPARAGUS MOUSSELLINE

1 bunch or 1 can asparagus	4 slices toast
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Cook the asparagus, or heat the canned tips and arrange on toast. Serve with Mousseline Sauce (see page 237) and garnish with paprika.

ASPARAGUS PIMENTO

1 bunch or 1 can asparagus tips	4 slices toast
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Cook the asparagus, or heat the canned tips and serve on toast with Pimiento Sauce (see page 238).

ASPARAGUS ROYAL

1 small can asparagus tips	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon white pepper
3 tablespoons flour	Asparagus
2 cups rich milk	Pimiento
$\frac{1}{4}$ cup grated cheese	

Melt butter, add flour, and blend well. Add milk a little at a time, stirring until thickened. Cook five minutes over hot

water, add cheese, and seasonings, and pour over thin slices of toast. Have asparagus hot. Arrange on toast and garnish with thin strips of pimiento. Servings, 4.

STEAMED ASPARAGUS

1½ cups chopped asparagus	¼ cup grated cheese
2 tablespoons butter	Salt, pepper, and mace to taste
2 eggs	Fine bread crumbs
1 cup milk	

Boil or steam asparagus, then chop fine. Add butter and let it simmer gently for a few minutes. Beat egg yolks with milk, add cheese and stir into the asparagus. Fold in stiffly beaten egg whites and season to taste. Grease a quart mold generously and line with bread crumbs. Pour in the asparagus mixture and steam forty-five minutes. Serve as main course at luncheon or supper. Servings, 4.

TASTY ASPARAGUS

1 bunch asparagus	3 tablespoons cooking oil
2 onions, sliced	

Boil asparagus twenty minutes; remove tough portions, saving one cup of liquor. Cook onions in oil five minutes, add asparagus and liquor. Simmer ten minutes. Serve hot. Servings, 6.

ASPARAGUS ON TOAST

Cut off tough ends of stalks, wash, and cut in inch pieces, keeping tips by themselves. Boil tougher portions in salted water twenty minutes or until tender. Add tips when tougher portions are partly cooked. Drain, pile lightly on buttered toast, which has been moistened with asparagus water, and pour over melted butter, or cover with thin White Sauce (see page 240).

ASPARAGUS WITH WHITE SAUCE

Asparagus	1 egg
1½ cups thick white sauce	1 tablespoon lemon juice
½ cup mayonnaise	

Prepare a thick white sauce, using three tablespoons flour and three tablespoons butter to one and one-half cups milk. Pour while hot, into one-half cup mayonnaise, beating well with an egg beater. Pour this mixture into lightly beaten egg, adding lemon juice. Serve hot. Servings, 6.

BAKED BEANS NO. 1

1 pint beans	1 red pepper
½ pound salt pork	6 beef bouillon cubes
4 tomatoes	1 teaspoon salt
3 small onions	Speck pepper
2 green peppers	Water

Soak beans for two hours. Boil for two hours and drain. Cut pork in small cubes, sauté until brown. Add chopped fresh vegetables and cook until brown. Combine beans with vegetable mixture, bouillon cubes, salt and pepper. Put into a two quart bean pot. Add enough water to fill to top and bake in moderate oven. The liquor in the pot after cooking the beans makes a delicious soup.

Time in oven, 4 hours. Temperature, 350°. Servings, 5.

BAKED BEANS NO. 2

1 quart beans	1 tablespoon prepared mustard
½ pound bacon	¼ cup brown sugar or molasses
1 tablespoon salt	1 cup water
⅓ teaspoon pepper	

Soak beans overnight. Parboil with one-half teaspoon soda. Drain and rinse. Put them with other ingredients in bean pot. Bake in a moderate oven.

Time in oven, 6 to 8 hours. Temperature, 300°. Servings, 8.

SCALLOPED KIDNEY BEANS

2 cups cooked red kidney beans	¼ cup chopped onion
⅓ cup raw rice	1 tablespoon drippings
2 cups tomato	1 teaspoon salt
1 tablespoon sugar	Speck paprika

Used canned or dried beans. If dried ones are used, soak overnight in cold water, drain. Cover with cold water, add one-eighth teaspoon soda, parboil fifteen minutes, drain. Add boiling water barely to cover, and one-half teaspoon salt and cook slowly in fireless cooker or in oven, or on back of range until soft. There should only be a small amount of thick juice when done. Parboil rice five minutes, drain. Arrange beans and rice in layers in casserole or bean pot. Mix tomato, sugar, onion, drippings, salt, and paprika, and add to bean mixture. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED LIMA BEANS WITH TOMATOES

1 pound Lima beans	Salt, pepper
2 cups cooked tomato	2 thick slices bacon

Soak beans overnight, parboil five minutes, rinse, cook in water to cover until tender. Add one teaspoon of salt to every quart of water used. More water may be added if necessary during boiling. Season tomato with salt and pepper to taste, add to beans which have been drained of all liquid. Put into baking pan, put bacon on top and bake in a moderate oven until bacon is crisp and brown.

Time in oven, one-half hour. Temperature, 350°. Servings, 8.

CREOLE LIMA BEANS

2 tablespoons chopped sweet green pepper	1½ tablespoons flour
3 tablespoons chopped onion	1 cup strained tomato
1½ tablespoons fat	¾ teaspoon salt
	2 cups cooked Lima beans

Cook pepper and onion in salt pork or bacon fat until soft and yellow. Add flour, stir until smooth. Then add tomato, and salt, stirring constantly until thickened and well cooked. Drain the beans and stir into the hot sauce. Servings, 4.

STRING BEANS AU GRATIN

2 cans string beans	½ cup grated cheese
1 teaspoon salt	3 tablespoons heavy cream
Speck cayenne	Seasoning

Drain beans. Place them on a clean cloth to absorb all moisture. When well dried, place one half in a greased baking dish, season with salt and cayenne, cover with cheese, pour over cream, repeat, having the top layer of cheese. Place in a moderate oven to heat until cheese melts and browns slightly.

Time in oven, one-half hour. Temperature, 350°. Servings, 8.

STRING BEANS, LYONNAISE

3 slices bacon	3 cups canned string beans
½ cup onion, sliced	Salt, pepper

Cut bacon in small pieces, cook until crisp, and remove from the fat. Cook onion in the fat until slightly browned. Add beans, heat, and season to taste with salt and pepper. Turn into a hot vegetable dish and garnish with bacon. Servings, 6.

SAVORY STRING BEANS

2 tablespoons butter	1 cup milk (or stewed tomato)
1 onion, minced	2½ cups string beans (canned
2 or 3 stalks celery, minced	or freshly cooked)
1 tablespoon flour	Salt

Melt butter, add onion, and celery and cook until light brown. Add flour, stir until smooth, and add milk or tomato sauce gradually. Let boil up once, add beans, and season with salt. Servings, 5.

BEETS

SMALL BEETS, PIQUANT

Select small beets, fresh or canned. Heat to boiling point. Drain, place in a hot dish and pour over them a sauce made of:

1 tablespoon vinegar	1 tablespoon sugar
1 tablespoon butter	½ teaspoon salt

This sauce is sufficient for 6 servings.

BRAISED CABBAGE

1 small onion	$\frac{1}{2}$ medium sized cabbage
1 tablespoon bacon fat	shredded
1 tablespoon flour	Salt and pepper
$\frac{1}{2}$ cup water	

Slice onion and brown in bacon fat, stir in flour, add water and cabbage. Cover and cook until cabbage is done, about forty-five minutes, adding more water as needed. Season to taste with salt and pepper. Servings, 6.

CREAMED CABBAGE AND GREEN PEPPERS

2 tablespoons minced onion	1 cup milk
1 minced green pepper	1 pint cooked shredded cabbage
$1\frac{1}{2}$ tablespoons butter	Salt, pepper
2 tablespoons flour	

Sauté onion and green pepper in butter. Add two tablespoons flour and one cup milk, and cook five minutes. Add cabbage and seasonings, and heat in double boiler fifteen minutes. Servings, 6.

CABBAGE IN DUTCH STYLE

1 cup boiled cabbage	1 teaspoon salt, speck pepper
2 tablespoons butter	and paprika
$\frac{1}{2}$ teaspoon Worcestershire sauce	1 cup mashed potatoes
	4 slices crisp bacon

Chop the cabbage and place in frying-pan with the butter, Worcestershire sauce, and seasonings. Stir until heated through. Add the potato and mix well. Press into a greased mold and steam for one-half hour. Turn out on a hot platter and surround with tomato sauce. Garnish with the bacon. Servings, 4.

CABBAGE IN HOLLANDAISE SAUCE

1 cabbage (medium size)	Speck paprika
1 tablespoon butter	Few grains pepper
1 tablespoon flour	1 egg
$1\frac{1}{2}$ cups water	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	

Boil the cabbage and drain it. Make the sauce by combining the butter and the flour, and cooking it in a saucepan. When it is bubbling, add the water. Cook until the mixture is smooth and thick. Add the seasonings and remove from the fire. Pour over the well beaten egg. Add the lemon juice and stir over hot water for a few minutes. Pour over the cabbage and serve at once. Servings, 6.

LADIES' CABBAGE

1 firm cabbage	2 tablespoons butter
2 quarts boiling water	1 cup milk
2 teaspoons salt	Salt and pepper
$\frac{1}{4}$ teaspoon soda	Parsley
1 tablespoon flour	

Remove the outer leaves and the core from the cabbage, and cook for twenty minutes in the boiling, salted water, to which soda has been added. Drain well and place in a saucepan with the flour and the butter. Stir constantly, and when the fat begins to cook, add the milk and the seasoning. Simmer for a few minutes. Serve sprinkled with finely chopped parsley. Servings, 8.

SCALLOPED CABBAGE WITH CHEESE

1 cup white sauce, medium	$\frac{1}{2}$ cup cheese
3 cups cooked white cabbage	$\frac{1}{4}$ cup bread crumbs

Season white sauce highly with salt, pepper, and paprika; mix with cabbage and cheese. Sprinkle top with bread crumbs and a few gratings of cheese. Bake in a moderate oven. Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

SOUR CABBAGE

1 medium sized cabbage	$\frac{1}{4}$ cup sugar
1 onion	1 tablespoon flour
2 tablespoons melted butter	$\frac{1}{3}$ cup vinegar
Boiling water	Salt, pepper, paprika to taste

Shred cabbage and onion. Add the butter and enough boiling water to cover. Cook one-half hour, add the remaining ingredients, and bring to the boiling point. Serve hot. Servings, 6.

STUFFED CABBAGE

1 firm cabbage	1 tablespoon melted butter
2 quarts boiling water	Speck pepper, paprika
2 teaspoons salt	1 cup boiled rice
1/4 teaspoon soda	1/2 cup chopped nut meats

With a very sharp knife, hollow out the cabbage from the stalk side. Cook it rapidly for fifteen minutes in boiling water, to which has been added the salt and the soda. Drain and press gently to make dry. Mix the other ingredients and fill the cabbage. Tie it in a double thickness of cheese cloth, and boil for fifteen minutes without covering the saucepan. Remove the cheesecloth, and serve the cabbage on a platter surrounded by white sauce. For a garnish, cut a pimiento in strips and place on the cabbage. Servings, 8.

TEN-MINUTE CABBAGE

Remove the outer leaves from a small head of cabbage. Cut in slices about one-half inch thick across the leaves so that it will fall in shreds. Put into boiling water. Boil ten minutes. Serve with melted butter or White Sauce (see page 240).

CARROTS AU GRATIN

1 1/2 tablespoons butter	2 tablespoons flour
1 tablespoon green pepper, finely chopped	3/4 cup stock
1 tablespoon onion, finely chopped	1/4 cup cream
	Salt and pepper
	2 cups cooked carrots

Melt butter, add green pepper and onion, and cook three minutes. Add flour and blend thoroughly. Add stock, and cream slowly and stir until thickened. Season with salt and pepper. Put carrots in a baking dish, pour sauce over them,

cover with buttered crumbs, and bake in a moderate oven until crumbs are brown.

Time in oven, 10 minutes. Temperature, 350°. Servings, 4.

CARROT CAKES

Cook carrots in boiling salted water until quite soft. Mash, season with butter, pepper, and salt, and form the mixture into small flat cakes. Sauté these in butter. Old carrots may be successfully utilized in this recipe. Time in cooking is dependent on age of carrots, about one hour. Each cake will take about three minutes to sauté.

CANDIED CARROTS

6 medium-sized carrots	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ cup marshmallow cream

Boil carrots until tender but not mushy. Melt sugar and butter; add marshmallow. When well mixed, pour over carrots in a baking dish and bake in a moderate oven until a delicate brown. This is a sweet entrée which may also be served as a side dish with meat.

Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

CARROT DELIGHT

3 cups diced carrots	$\frac{1}{4}$ cup butter
3 cups diced potatoes	$\frac{1}{2}$ cup water
1 cup sliced onion	1 teaspoon salt

Put the vegetables in layers in a greased baking dish. Place the butter in small bits over the top; pour over the water in which salt has been dissolved. Bake in moderate oven, having dish tightly covered.

Time in oven, 2 hours. Temperature, 325°. Servings, 6.

SCALLOPED CARROTS

3 cups thinly sliced carrots	$1\frac{1}{2}$ cups white sauce
1 cup chopped onions	$\frac{1}{2}$ cup fine dry bread crumbs
3 minced green peppers	1 tablespoon butter (melted)

Steam or boil the carrots and onions until both are tender. Grease a baking dish, put in a layer of each vegetable. Continue in this way until the vegetables are all used, then pour in the white sauce. Cover with the crumbs, which have been mixed with the melted butter, and bake until brown in a moderate oven.

Time in oven, 10 minutes. Temperature, 350°. Servings, 6.

CAULIFLOWER AND PEAS

1 head cauliflower	2 tablespoons butter (melted)
2 cups peas	

Remove the outer green leaves from the cauliflower, and let stand upside down in salt water for about twenty minutes. Cook whole, uncovered, in boiling salted water until tender but firm. Separate into flowerlets and arrange on a vegetable dish. Fill the centre of the dish with a mound of peas, and serve with melted butter. Servings, 6.

CREAMED CELERY

1 quart diced celery	3 cups milk
4 tablespoons flour	1 teaspoon salt
2 tablespoons butter	Pepper

Boil celery in salted water until tender. Drain, saving water for soup stock. Stir flour into melted butter until a smooth paste is formed and add milk. Cook until thick, season, and add celery. Servings, 6.

STUFFED CELERY

Separate a stalk of celery for serving, and, with a paring knife, press into the hollow fresh cream pimiento cheese. Smooth off with the knife.

STEAMED CHARD MOLD

4 tablespoons butter	Salt and pepper
4 cups cooked chard tops, chopped	2 eggs
$\frac{1}{2}$ cup grated American or Parmesan cheese	1 cup rich milk

Add the butter to the chard and let it cook a few moments. Then stir in the cheese, add salt and pepper, and then add the egg yolks well beaten and mixed with the milk. Mix well, and fold in the egg whites which have been beaten stiff. Grease a quart mold, dust it with bread crumbs, and pour the chard into the mold. Steam fifty minutes and let stand five minutes before turning out of mold. Servings, 8.

CORN, CALIFORNIA STYLE

2 slices bacon	1 $\frac{1}{2}$ tablespoons chopped green pepper
2 tablespoons flour	2 cups corn (canned or fresh)
2 tablespoons bacon fat	
1 cup milk	1 cup soft bread crumbs
$\frac{1}{2}$ teaspoon salt	

Cut bacon in half inch dice, cook until beginning to color. Add flour to fat, stir in milk and cook until thickened, add salt, and green pepper. Mix corn and crumbs with the sauce; put into baking dish, sprinkle bacon over top, and bake in moderate oven until bacon is crisp and golden brown. Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

CORN PUDDING BAKED IN RAMEKINS

2 tablespoons butter	1 cup corn (canned or fresh)
$\frac{1}{2}$ tablespoon flour	$\frac{1}{3}$ cup buttered bread crumbs
$\frac{1}{3}$ cup rich milk or cream	

Melt butter, add flour, blend, and add milk. Cook three minutes. Add corn, mix, and put in ramekins. Sprinkle tops with buttered bread crumbs and brown in a hot oven. Time in oven, 10 minutes. Temperature, 400°. Servings, 4.

CORN SOUFFLÉ

1 tablespoon butter	1½ teaspoons salt
2 tablespoons flour	½ teaspoon pepper
1 cup milk	2 eggs
1 can corn	

Melt butter, mix with flour, and pour milk on gradually. Bring to boiling point, stirring constantly. Add corn, seasonings, yolks of eggs well beaten, and stiffly beaten whites. Turn into buttered baking dish and bake in a moderate oven. Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

FRIED SWEET CORN

4 ears corn	1 cup rich milk
2 tablespoons butter	

Cut corn from the cob. Sauté in butter seven minutes, add rich milk, and serve as soon as hot. Season with salt and pepper. Servings, 4.

SCALLOPED CUCUMBERS

3 cucumbers	2 tablespoons butter
1½ cups milk	Salt, pepper
3 tablespoons flour	3 tablespoons crumbs, buttered

Pare the cucumbers. Cut in quarters lengthwise, then in halves. Cook in a small amount of water. Put in a baking dish, cover with the cooked sauce made with the milk, flour, butter, and seasonings to taste. Cover with crumbs and bake in a moderately hot oven until crumbs are brown.

Time in oven, 10 minutes. Temperature, 375°. Servings, 6.

EGGPLANT, BUENA VISTA

1 egg plant	½ green pepper
2 cups tomato juice	2 tablespoons butter
1 onion	6 tomatoes
4 sprigs parsley	Salt, pepper

Pare the eggplant, cut in one-half inch slices. Sprinkle with salt and pile on a plate. Cover with a weight and let stand an hour to express the juice. Place the slices in a buttered baking-pan, and surround with a sauce made by mixing the two cups tomato juice with the chopped onion, parsley, and green pepper. Put a bit of butter on each slice and bake in a moderately hot oven until tender. Remove the hard portion of the stem end of the tomatoes, season with salt and pepper and bake until tender. Slide the slices of eggplant on to a platter and place a baked tomato on each slice. Sprinkle with chopped parsley.

Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

GLAZED ONIONS

2 pounds small onions	$\frac{1}{4}$ cup sugar
2 tablespoons butter	

Peel the onions and boil whole in salted water for fifteen to thirty minutes, depending on the size of onions. They should be nearly tender. Mix the butter and sugar together and spread it over the bottom of a flat pan. Put the drained onions into this pan and put into a moderate oven. As soon as the sugar is melted, stir the onions occasionally so that they are coated with the sugar and butter. Continue cooking, raising the temperature of the oven until the sugar turns brown on the outside of the onion.

Time in oven, 1 hour. Temperature, 350-400°. Servings, 8.

ONION ORIENTAL

2 large Spanish onions	2 hard-cooked eggs
2 tablespoons bacon fat	Salt, pepper, cayenne
2 tablespoons flour	2 cups boiled rice
1 cup milk	

Slice onion and sauté until yellow in bacon fat. Add flour and blend until smooth. Add milk and stir until it thickens. Slice eggs and cook with onion mixture for five minutes. Season well, and pour over a mound of boiled rice on a platter or shallow dish. Servings, 4.

ONIONS SCALLOPED

2 large onions	1 small pimiento
1 small green pepper	$\frac{1}{2}$ cup milk
2 cups bread crumbs	1 teaspoon salt

Peel and slice onions. Remove seeds from green pepper, chop, parboil five minutes and drain. Put one cup stale crumbs in buttered casserole, add a few pieces of pimiento, then onions, green pepper, and rest of pimiento. Put one cup crumbs on top, sprinkle with salt and pepper, and pour over the milk. Cover and bake in a moderate oven. Remove cover last fifteen minutes to brown crumbs.

Time in oven, $1\frac{1}{2}$ hours. Temperature, 350° . Servings, 4.

STUFFED ONIONS NO. 1

8 Spanish onions	1 cup finely chopped meat
1 cup dry bread crumbs	$\frac{1}{8}$ cup butter
1 tablespoon chopped parsley	Speck pepper
$\frac{1}{2}$ teaspoon salt	1 egg or 2 egg yolks (beaten)
1 cup white sauce	

Peel onions. Boil whole. When cooled cut out centre of onion from root end, leaving shell of onion. Chop the onion removed from the centre. Mix all the ingredients together, and stuff the onion shell. Bake in a moderate oven until brown. Nuts may be used in place of the chopped meat.

Time in oven, 25 minutes. Temperature, 350° . Servings, 8.

STUFFED ONIONS NO. 2

6 onions	2 cups white sauce
Sausage meat	1 teaspoon salt
$\frac{1}{2}$ cup minced celery	4 teaspoons flour
2 tablespoons minced onion	

Choose onions of uniform size. Remove skins and parboil ten minutes. Remove centre, and fill with a mixture of sausage meat, minced celery, and onion. Pour white sauce over the stuffed onions, sprinkle with salt and flour. Bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350° . Servings, 6.

ONIONS ON TOAST

Young onions
Salt

Toast
Butter (melted)

Cut off roots and all but four inches of the stems of onions. Wash, and parboil five minutes. Drain, add boiling water, and boil gently forty-five minutes, or until tender. Add salt when about half done. Drain, arrange on slices of toast, which have been moistened with onion water, and pour over melted butter, or cream sauce.

PARSNIP AU GRATIN

2 cups diced cooked parsnip	2 tablespoons grated cheese
1½ cups white sauce	Crumbs
Salt, pepper	

Pour one-third cup diced parsnip in each ramekin. Pour white sauce over parsnip. Sprinkle seasonings and grated cheese over each ramekin. Cover with bread crumbs. Brown in hot oven.

Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

PARSNIP FRITTERS

2 cups mashed parsnip	1 egg
Pepper	½ cup flour
½ teaspoon salt	

Boil parsnips and when tender, mash fine. Add seasonings and well beaten egg. Add flour, and drop by spoonfuls in hot fat or on a hot griddle, and fry until delicately browned. Serve with melted butter. Servings, 5.

PARSNIPS SAUTÉD

2 large parsnips, cut in thick
slices

Flour
Salt

Parboil the parsnips in salted water ten minutes. Drain thoroughly, dip in salted flour and sauté until well browned in oil or fat. Serve as vegetable with meat. Servings, 6.

PARSNIP SOUFFLÉ

2 eggs
 $\frac{1}{2}$ cup milk

Salt, pepper, cayenne
 2 cups mashed parsnip

Add egg yolks slightly beaten, milk and seasonings to mashed parsnip. Fold in stiffly beaten egg whites, pour in buttered soufflé cups, and bake until firm in a moderate oven.

Time in oven, 40 minutes. Temperature, 300°. Servings, 5.

PARSNIP STEW

$\frac{3}{4}$ pound fresh lean pork or left-over roast pork	2 medium-sized parsnips
3 pints hot water	1 cup cut potato
1 ounce salt pork	2 tablespoons flour
$\frac{1}{2}$ cup sliced onion	4 tablespoons cold water
	Salt and pepper

Use raw or left over roast pork. Add water and cook slowly an hour or more. The meat should be quite tender. Strain liquor into another kettle, or remove meat with skimmer. Cut salt pork in half-inch dice, cook slowly until some of the fat is tried out, add onion, and cook until slightly browned. Wash, peel, and cut parsnips in slices. If parsnips are very large, cut them in quarters lengthwise before slicing. Add salt pork, onion, and parsnips to stock, and cook thirty minutes. Add diced or sliced potato, and cook until vegetables are soft. Mix flour with cold water until smooth, add to stew and boil three minutes. Add meat which has been cut in small pieces, and salt and pepper to taste. Servings, 8.

PEA CROQUETTES

2 cups peas	4 tablespoons bread crumbs
1 tablespoon minced onion	Salt
1 egg	Pepper

Mash peas through a sieve, add other ingredients, and season to taste. Form into balls and fry brown in deep fat. Serve as a substitute for meat.

Time in cooking, 3 minutes for each ball. Temperature of fat, 380°. Servings, 6.

PEA SOUFFLÉ

3 tablespoons butter	2 eggs
3 tablespoons flour	1 teaspoon finely minced onion
1 cup milk	½ teaspoon salt
2 cups peas	Speck pepper

Melt butter, add flour, and blend thoroughly. Add milk gradually and stir constantly until thickened. Add peas which have been forced through a sieve, egg yolks slightly beaten, and seasonings. Fold in stiffly beaten egg whites. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

STUFFED PEPPERS

6 sweet peppers	1 tablespoon parsley
2 cups cooked meat	1 teaspoon salt
1 onion	¼ cup bread crumbs
1 tablespoon butter	1 cup water or stock

Cut the peppers in halves crosswise, remove the seeds and cut off the stems. Chop the meat (this may be veal, chicken or lamb) and the onion fine. Mix all the ingredients together except the stock or water, fill the peppers, stand them in a pan, and put the hot stock or water around them. Bake in a moderate oven, basting often. Corn may be substituted for the meat.

Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

BROILED POTATOES

Cut cold boiled potatoes into quarter inch slices. Dip each into fat tried out of suet, or into melted bacon fat, or into melted butter. Lay the slices on a buttered pan and sprinkle them generously with bread crumbs. Broil until the potatoes are heated through and the crumbs toasted. Serve at once on a hot chop plate garnished with sprigs of celery or cress.

CHANTILLY POTATOES

6 medium potatoes	$\frac{1}{2}$ cup heavy cream
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup grated cheese
1 tablespoon butter	Salt, paprika, minced parsley

Mash potatoes with milk and butter, and season. Pile in a baking dish. Beat cream stiff, add cheese, salt, and paprika. Spread over potatoes and place in a moderate oven until delicately brown.

Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

CHEESED POTATOES

1 quart sliced potatoes	1 cup milk
$\frac{1}{4}$ cup cheese	Salt and pepper
2 tablespoons flour	

Parboil the potatoes two minutes. Arrange potato and cheese in layers with a dusting of flour on each layer. When dish is full cover with milk to which seasonings have been added. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

POTATOES IN CREAM

4 medium potatoes, cold boiled	Speck pepper
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon grated nutmeg $\frac{3}{4}$ cup cream

Chop the potatoes, add the seasonings. Put into ramekins. Pour equal amounts of cream on to the mixture in each dish. Bake in moderately hot oven until delicately browned on top. Time in oven, 15 minutes. Temperature, 375°. Servings, 6.

POTATO CROQUETTES

2 cups hot riced potatoes	$\frac{1}{4}$ teaspoon celery salt
2 tablespoons butter	Few drops onion juice
$\frac{1}{2}$ teaspoon salt	1 egg yolk
Pepper	1 teaspoon finely chopped parsley

Mix ingredients in order given and beat thoroughly. Shape, dip in crumbs, egg, and in crumbs again. Fry in deep fat and drain.

Time in cooking, 3 minutes to each croquette. Temperature of fat, 380°. Servings, 5.

FRENCH FRIED POTATOES

Select potatoes of uniform size, preferably small ones; wash, pare, and cut in eighths lengthwise. Let the potatoes stand in ice water one hour. Dry potatoes thoroughly in a clean towel. Have kettle of fat heating and a dripping pan with either a wire rack or soft brown paper ready for draining. The salt shaker and a hot serving dish should be at hand. The fat should be hot enough to register 360-370 degrees on a thermometer or to brown a cube of bread in forty seconds. Put only a few potatoes in the basket at one time. The cold potatoes will lower the temperature of the fat to about 340 degrees, which will cook them through without browning too much, in about four minutes for each basket-load. Drain potatoes on wire rack and while still very hot sprinkle with salt. Reheat and test fat each time before adding a new lot of potatoes.

HONGROISE POTATOES

2 cups cubed potatoes	2 tablespoons flour
2 tablespoons butter	2 tablespoons water
1 cup milk	1 egg yolk
1 slice onion	1 tablespoon chopped parsley

Boil potatoes in salted water for three minutes and drain. Cook in melted butter until tender and brown. Bring milk, to which the onion has been added, to the boiling point. Add paste made of flour and water and cook until thickened, stirring constantly. Gradually add well beaten egg yolk. Remove onion, and pour sauce over potatoes. Sprinkle parsley over the top. Servings, 6.

HOUSEKEEPER'S POTATOES

1 quart diced cold potatoes	1 teaspoon lemon juice
1 teaspoon salt	1 tablespoon chopped parsley
Speck pepper	1 tablespoon butter
2 cups soup stock	

Combine potatoes, salt, pepper, and stock. Simmer for ten minutes. Add remaining ingredients and simmer five minutes longer. Servings, 8.

POTATOES À L'ITALIENNE

2 cups mashed potato	1 tablespoon chopped parsley
½ cup cream	½ cup finely chopped cooked ham
2 tablespoons butter	
½ teaspoon salt	1 egg yolk (beaten)
1 tablespoon onion juice	3 egg whites, beaten stiff
	1 tablespoon grated cheese

Combine all ingredients but cheese. Beat until fluffy. Heap lightly on buttered baking dish leaving top rough. Sprinkle with cheese. Brown delicately in moderately hot oven. Time in oven, 15 minutes. Temperature, 375°. Servings, 8.

LATTICED POTATOES

Latticed potatoes are made by the same method as French Fried (see page 342). They are sliced for frying with a specially designed cutter that makes the lattice form.

LUNCHEON POTATOES

6 hot baked potatoes	1 cup grated cheese
Milk	1 teaspoon salt

Cut potatoes in halves. Remove inside portion, and add sufficient milk to make mixture consistency of mashed potatoes. Add cheese and salt. When thoroughly mixed, fill potato shells. Brown in a hot oven.

Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

MOLDED POTATOES

Plain hot mashed potatoes may be molded and served with creamed meat or fish. To mold, place a small pan on a hot serving plate and bank the potato mixture around it. Smooth around the sides and top, then lift out the pan. The centre may then be filled with the creamed meat or meat in gravy. Creamed salmon in such a potato mold forms an excellent luncheon dish.

POTATOES O'BRIEN

4 large potatoes	$\frac{1}{2}$ cup diced pimientos
5 small onions	$\frac{1}{2}$ teaspoon salt
Salt pork	$\frac{1}{4}$ teaspoon pepper

Pare potatoes and cut in thin wafers. Peel a sufficient number of onions to equal half the quantity of potatoes. Slice very thin. Try out cubes of pork. Add onions, potatoes, and enough water to cover bottom of pan. Cover tightly and simmer slowly. Stir occasionally. When vegetables are tender, add pimientos, salt and pepper and brown. Turn out like an omelet. Servings, 6.

POTATOES, PIQUANT

12 medium potatoes	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	Pepper
2 teaspoons minced parsley	3 tablespoons lemon juice

Boil potatoes in salted water, drain, and slice into hot serving dish. Melt butter, add seasonings, and lemon juice. Pour over potatoes. Serve at once. Servings, 8.

POTATO PUFF

4 cups hot mashed potato	4 tablespoons milk
1 teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon paprika	2 eggs

Cook, drain, dry, and mash potatoes, then add seasonings, milk, and butter. Add well beaten yolks of eggs and beat well. Then add whites of eggs which have been beaten stiff. Turn

into a buttered dish and bake in a hot oven until brown. If cold potatoes are used, heat in double boiler before using. Have hot when put into oven.

Time in oven, 15 minutes. Temperature, 400°. Servings, 6.

PUFFED POTATOES

Pare and slice potatoes and prepare as for French Fried (see page 342). Cook in fat until tender, but not brown. Drain and cool, now immerse in hot fat and brown. They should puff all over. Sprinkle with salt and pepper. The secret lies in having the potatoes dry and cooking them twice.

Time in cooking, 2 minutes and 3 minutes. Temperature of fat, 350° and 380°.

POTATO PUFFS

1 cup cold mashed potatoes	1/2 teaspoon salt
2 eggs, well-beaten	1 teaspoon baking powder
1/2 cup flour	

Beat all ingredients together to a light mass, then drop pieces about the size of an egg into deep hot fat and fry until golden brown.

Time in cooking, 3 minutes each. Temperature of fat, 380°.

POTATO PYRAMIDS WITH ONION PURÉE

2 cups mashed potatoes	1 cup water
Melted butter	1 teaspoon cornstarch
4 tablespoons grated cheese	1 teaspoon Worcestershire
1/2 cup chopped onion	sauce
2 tablespoons butter	Salt and pepper

Shape well seasoned mashed potato into pyramids, brush with butter, and sprinkle with grated cheese. Place in shallow baking-dish and pour onion purée around them. To make onion purée, cook onion in the butter, add water, and simmer until soft enough to put through the strainer. Add cornstarch mixed with a little water, and seasonings. Bake until brown in moderate oven.

Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

SAVORY POTATOES

3 medium sized potatoes	1½ slices bacon
1 onion	Salt and pepper

Pare and slice potatoes, cover with cold water, and let stand thirty minutes. Drain, and dry with cloth. Cut onion and bacon fine and cook slowly. Add potatoes, and seasonings. Cover skillet and cook until potatoes are mealy, about twenty minutes. Servings, 4.

SCALLOPED POTATOES

Cover the bottom of a baking dish with a layer of raw potatoes peeled, and thinly sliced. Sprinkle lightly with salt and pepper and then dot with butter. Continue alternating the potatoes with the seasoning, and on top of the last layer of the vegetable place thin slices of bacon. Pour milk into the dish until the potatoes are almost covered. Bake in a moderate oven until the potatoes are done, and the bacon delicately crisp and browned.

Time in oven, 1 hour. Temperature, 350°.

PINK POTATO SCALLOP

½ cup diced onion	1½ cups tomato soup or pulp
1½ cups cold diced potatoes	

Parboil onions fifteen minutes, put with potatoes in layers in a baking dish. Pour soup over potatoes and onions. If tomato pulp is used season with salt, pepper, and celery salt as for soup. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

SMOTHERED POTATOES

6 medium sized potatoes	½ teaspoon salt
3 tablespoons flour	Pepper
2 tablespoons butter	1½ cups milk
1 onion	

Slice the potatoes one-quarter inch thick. Place a layer of the slices on the bottom of a baking dish, sprinkle with

flour, dot with butter, scrape in a little onion. Add salt and a little pepper. Fill the baking dish with layers of this kind, ending with unseasoned potatoes. Add milk and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 350°. Servings, 6.

POTATO TIMBALES

2 cups mashed potato	2 eggs
$\frac{1}{2}$ cup milk	Salt, pepper, chopped parsley
2 tablespoons butter	

To mashed potato add milk, butter, and eggs slightly beaten. Season with salt, pepper, and a little chopped parsley. Put into buttered cups and bake until firm in a moderate oven. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

ZEPHYR POTATO SQUARES

1 cup mashed potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup grated American cheese	$\frac{1}{2}$ cup flour
1 cup milk	$\frac{1}{2}$ teaspoon baking powder

Stir the potato, cheese, milk, and salt together. Add the flour and baking powder mixed. Flour the board well, and, keeping the mixture as square in shape as possible, roll to one-quarter inch in thickness, sprinkling the top with flour as needed. Cut with a knife in one and one-half inch squares, lift each square with a knife or spatula, and sauté in a hot frying-pan with enough fat to keep the squares from sticking. When well browned on both sides, sprinkle lightly with salt and serve immediately. Servings, 4.

SWEET POTATO BOATS

Bake sweet potatoes until done, cut in halves lengthwise, and remove the inner portion with a spoon. Mix with salt, pepper, butter, a little cream, and some finely minced cold meat,

if liked. Refill shells, heap up a little, and bake in a moderately hot oven until browned.

Time in oven, 10 minutes. Temperature, 380°.

SWEET POTATOES CASSEROLE

Peel baked sweet potatoes and slice in rounds. Place a layer in a well buttered casserole. Dot with butter. Sprinkle with sugar and a little flour. Repeat until dish is nearly full. Omit flour on last layer. Add enough sweet milk to cover potatoes. Bake in a moderate oven until a delicate brown. Time in oven, 30 minutes. Temperature, 350°.

SWEET POTATOES, CREAMED

2 cups diced cold potatoes	1/8 teaspoon paprika
1 cup thin cream	1 tablespoon minced parsley
1/2 cup diced celery	

Cover potatoes with cream and simmer fifteen minutes. Add celery, paprika, and parsley. Serve at once. Servings, 4.

SWEET POTATO CROQUETTES

1 pint mashed sweet potato	1 teaspoon salt
2 tablespoons butter	1 egg

Boil the sweet potatoes in their skins. Pare and mash. Add butter, salt, and slightly beaten egg. Shape into balls, roll in finely sifted bread crumbs, in egg, slightly beaten, then in crumbs again. Fry in deep fat. These are improved by adding three tablespoons blanched almonds finely ground. Time in cooking, 3 minutes each. Temperature of fat, 380°. 6 croquettes.

DIXIE POTATOES

Peel and slice boiled sweet potatoes, and arrange in baking dish. Cover with brown sugar and bits of butter, and add a sprinkling of cinnamon or nutmeg. Pour in a cup of sweet milk and set in a moderate oven until potatoes are brown. Time in oven, 15 minutes. Temperature, 350°.

SWEET POTATOES AND ONIONS

Steam or parboil sweet potatoes, peel, and slice a layer into a baking pan. Sprinkle with salt, cover with a layer of thinly sliced onions, and season with pepper and salt. Continue alternately with potatoes and onions. Then cover the top with crumbs and dot with butter. Pour over all a cup or more of cream or evaporated milk. Cover and bake in a moderate oven until the onions are tender.

Time in oven, 40 minutes. Temperature, 325°.

SWEET POTATOES, STUFFED

6 medium sized sweet potatoes	1 egg
1 cup cooked sausage meat	

Wash and bake sweet potatoes. When soft cut in two, take out the potato, mix with the cooked sausage meat, any fat extracted during cooking, and the well beaten egg. Refill potato shells, sprinkle with crumbs, put in a moderate oven to reheat and brown.

Time in oven, 10 minutes. Temperature, 380°. Servings, 6.

SQUIRREL POTATOES

1 quart mashed sweet potato	1 teaspoon salt
2 tablespoons sugar	1/8 teaspoon cinnamon
2 tablespoons butter	1/8 teaspoon allspice
1 cup chopped pecans or walnuts	

Mix all ingredients thoroughly, shape into croquettes, dip in egg, then in crumbs, and fry in deep fat. Or pack into a shallow pan, cut in small squares, and sauté on a hot, lightly greased griddle. Servings, 6.

SPINACH BALLS

3 cups chopped cooked spin- ach	2 tablespoons grated cheese
2 tablespoons butter	1 egg
2 tablespoons grated onion	1/8 teaspoon allspice
	1 cup fine dry bread crumbs

Combine all ingredients and let stand ten minutes to swell the bread crumbs. Shape in balls and roll in bread crumbs. Then dip the balls in egg which has been slightly beaten with one-half cup cold water, and roll again in crumbs. Fry in deep fat. Serve at once or reheat in oven when desired. Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPINACH BOHEMIAN

6 slices bacon	¾ cup milk
¾ cup spinach	2 eggs
½ teaspoon salt	½ cup fine bread crumbs
½ teaspoon pepper	

Curl a slice of bacon inside each of six ramekins. Chop the spinach and mix with salt, pepper, and milk. Beat eggs and crumbs together. Combine mixtures, fill each ramekin, and bake until firm in a moderate oven. Serve turned out on a hot platter. If bacon does not brown quickly enough, turn molds out on baking tin upside down for the last five or ten minutes.

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

SPINACH CROQUETTES

1 cup chopped spinach	½ cup boiled rice
1 cup chopped boiled ham	Rice water
1 tablespoon prepared mustard	

Mix the spinach, ham, mustard, and rice and moisten with enough rice water to shape into croquettes. Dip croquettes in egg, roll in crumbs, and fry in deep fat until brown. Serve with Tomato Sauce (see page 239).

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPINACH, FRENCH STYLE

2 cups cooked spinach	1 tablespoon brown sugar
2 tablespoons butter	1½ cups milk
3 tablespoons flour	1 cup chopped boiled ham
¼ teaspoon salt	1 hard-cooked egg
½ teaspoon pepper	½ cup buttered crumbs
½ teaspoon mustard	

Arrange the spinach in the bottom of a greased baking dish. Melt the butter and add flour, seasonings, and the milk. Stir until the boiling point is reached and add the ham and egg finely chopped; pour over the spinach, sprinkle with crumbs, and bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SPINACH, INDIA STYLE

1 tablespoon fat	1/8 teaspoon pepper
2 tablespoons flour	1 cup milk
1/4 teaspoon salt	2 cups cooked spinach
1/2 teaspoon curry powder	3 hard-cooked eggs

Melt the fat and add flour, seasonings, and milk. Bring to the boiling point, stirring constantly. Arrange the hot spinach in a serving dish and slice the eggs over the top. Pour on the hot sauce and serve at once. Servings, 4.

ITALIAN SPINACH

3/4 cup macaroni, broken into inch lengths	2 tablespoons grated cheese Cayenne, salt
2 cups cooked spinach	2 hard-cooked eggs, sliced

1/2 cup white sauce

Boil macaroni in salted water until tender. Drain spinach very dry, chop, mix with white sauce, and season well. Butter baking dish, put alternate layers of macaroni, spinach, cheese, seasoning, and egg until all is used, having cheese on top. Bake in moderate oven until brown and well heated through. Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

SPINACH WITH NOODLES

1 1/2 cups chopped cooked spinach	1/4 teaspoon pepper
1 1/2 cups cooked noodles	1 cup grated cheese

1 teaspoon salt

1 cup milk

Put alternate layers of spinach and noodles in a greased baking dish, sprinkle seasonings and cheese over each layer and

top with a layer of noodles. Pour the milk over all and bake in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

SPINACH STUFFED PIMENTOES

5 canned red pimientos	$\frac{1}{8}$ teaspoon pepper
1½ cups chopped cooked spin- ach	2 tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	1 egg
$\frac{1}{8}$ teaspoon nutmeg	$\frac{1}{2}$ cup crumbs
	2 tablespoons butter

Arrange the pimientos in well-greased ramekins or muffin pans. Mix the spinach, seasonings, lemon juice, and well beaten egg and fill pimientos with the mixture. Cover with crumbs, dot with butter, and bake in a moderate oven. Turn on to a hot platter before serving.

Time in oven, 20 minutes. Temperature, 350°. Servings, 5.

SPINACH TIMBALES

2½ cups canned spinach	Few grains pepper
2 tablespoons butter	2 teaspoons lemon juice
$\frac{1}{4}$ teaspoon salt	2 eggs

Drain spinach and chop fine. Heat, add butter, salt, pepper, and lemon juice. Add eggs slightly beaten and mix well. Put in buttered custard cups, set in a pan of water, and bake in a moderate oven until firm. Serve with White Sauce (see page 240). Garnish with hard-cooked eggs.

Time in oven, 25 minutes. Temperature, 325°. Servings, 6.

